

PRESS RELEASE: FOR IMMEDIATE RELEASE

Contact Jeanna Zelin: 602-476-7442, jeannazelin@mac.com



Running on Empty? Get a Refill at the Radiance Retreat in beautiful Sedona, Arizona

(July 2010, Sedona, Arizona) "As people are bombarded with information and newer technology, they seek out solitude and a quiet space where they can unplug to recharge their mind and body, and re-focus on their real priorities. "What they really need is what we like to call a meditation vacation," says Sarah McLean, founder and director of the Sedona Meditation Training Company.

The Radiance Retreat is just that, a Meditation Vacation, and the perfect way to carve out the space and time to soothe the soul, nourish the body, find peace of mind and deepen one's spiritual connection. It's held every autumn in Sedona, Arizona. This year from October 29 – 31st.

"It's a chance to find out who you really are, outside of your roles, responsibilities, jobs and relationships," explains McLean, "The gentle schedule will enhance your inner peace, and rediscovering what's important to you. And Sedona is perfect for a retreat. The silence is deep and powerful, and the scenery is enchanting."

Set amidst scenic and spiritual splendor in a private setting in Sedona's red rocks, adjacent to the U.S. National Forest Wilderness, this intimate retreat is led by experts in yoga, meditation, mind/body health, and self-inquiry. Participants will learn deep meditation practices; discover the importance of present moment awareness, and how to deeply listen to their heart's desires.

Participants will learn to create their inner glow with gentle breathing exercises. Mindfulness practices in activity will bring participants back to the present moment along with gentle yoga. There will be deep silent guided group meditations along with advanced meditation practices. And there will be an opportunity to spend some quiet time in the red rocks as participants walk in the wilderness to commune and reflect in nature.

The Radiance Retreat is open to anyone seeking clarity and inner peace, and it's ideal for those who are new to the idea of meditation along with seasoned meditators who just want to get away. There is a special meditation course for new meditators offered the morning of the retreat. The retreat tuition is \$325, and friends get a 15% discount when they register together.

Sarah McLean, the director of the Sedona Meditation Training Company, has been featured in the New York Times and who was one of the founding directors of the Chopra Center in California. She and the other talented facilitators are trained, recommended and certified by Dr. Deepak Chopra.

Check out the Radiance Retreat and other programs offered throughout Arizona at www.SedonaMeditation.com or call (928) 204-0067, or email sedonameditation@gmail.com for more information.

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