



Silent Meditation Retreat

With Juliana Cesano, Minor Lile & Leonie Van Gelder



Thursday, April 18 – Sunday, April 21
At Indralaya on Orcas Island

Retreat into a shared experience of silence. Participate in individual and group meditations, and meditative yoga. Eat nutritious vegetarian meals, relax and breathe. Wander in nature along shoreline pathways, forests and meadows. Nourish your spirit.



Juliana Cesano began practicing Hatha yoga in 1999 in her native Argentina, where she received her training. A deep interest in meditation and the observation of life and nature has helped her develop a contemplative yoga practice. Juliana currently lives and works at the Theosophical Society Headquarters in Wheaton, IL,

Minor Lile and **Leonie Van Gelder** have been Indralaya's resident managers for more than 15 years and have facilitated silent meditation retreats here many times.



For more information, check out our website or contact Indralaya

www.indralaya.org indralaya@indralaya.org

360 Indralaya Road Eastsound WA 98245

Indralaya was founded in 1927 by members of the Theosophical Society as an ongoing experiment in theosophical living.

Whether you seek serenity, kinship, or the challenge of personal inner exploration, we invite you to experience Indralaya's nurturing environment.