

RETREAT WITH JAC O'KEEFE

May 8-13, 2012



Asheville, North Carolina

A 5-day silent residential retreat with Jac will take place at the Prama Institute in the beautiful Appalachian Mountains of Western North Carolina. This venue is about 25 minutes from Asheville and about 45 minutes from the Asheville Airport. Nestled in acres of grassland and forests, it offers many walking and hiking trails. The retreat will begin the evening of Tuesday, May 8th with dinner and then an introduction and sitting with Jac. It will end after lunch on Sunday, May 13th. The daily schedule will include, two satsangs, meditation and chanting.

Price Package

Prices are all inclusive of initial deposit, accommodations for 5 nights 3 organic vegetarian meals daily and all sittings with Jac.

Double/triple rooms \$725

Dormitory rooms \$710

Camping (bring own tent) \$650

Information and Registration

www.jackieokeeffe.com. for a registration form

www.pramainstitute.org for information on the venue.

birdsusanmn@gmail.com for further information