

# JOIN US FOR A

## SPIRITUAL & WELLNESS SELF-CARE RETREAT

### “Getting Out of My Own Way”

### January 13 - 15, 2023

Get out of your own way and join us to start 2023 off right! As humans, one of our biggest downfalls is too much stress and not enough self-care. Let us admit there has been even more the last few years. This weekend will provide an opportunity to get away and discover where the blocks are around our ability to take better care of ourselves. We'll connect our hearts, minds, and spirits as we renew ourselves through music, yoga, meditation walks, creative expression, acupuncture, sound journeying, and storytelling.

Come join us for the “Getting Out of My Own Way” Spiritual and Wellness Retreat at Pavillon's Hayes Lodge and fill yourself with renewed energy, laughter, and self-care insights, ready to walk away with a new view on taking care of ourselves.

#### Friday, January 13

Evening Arrival and Opening Fire Circle & Music

#### Saturday, January 14

Yoga/Meditation • Labyrinth Walk

Self-Care through Creative Expression

Group Acupuncture • Sound Journey • Fireside Storytelling

#### Sunday, January 15

Carrying It Home

Cost of Retreat is \$350 per person

(Including continental breakfast, lunch, dinner and snacks)

Lodging is not included but is available at Hayes Lodge.

Rooms from \$50 to \$140 per night.

Reservations are limited and will be on a first come, first served basis.



To register for the retreat and accommodations,  
please call 828-694-2300 and ask for Maria at extension 193



241 Pavillon Place • Mill Spring, NC 28756 • [www.pavillon.org](http://www.pavillon.org)

# OUR RETREAT FACILITATORS

## **Wolf Yoxall, MS, CSC, Ordained Minister**

Wolf has been the Spiritual/Wellness Director at Pavillon for thirteen years but has been guiding people on the path to spirituality and wellness for more than forty years. He has a background in Native First Nations ritual and ceremony, Taoism, Buddhism, Celtic Spirituality, and is a certified spiritual counselor and minister. Through awareness and meditation practices, breathwork, sound journeying, storytelling, and healing rituals, Wolf aids people in renewing themselves- body, mind, and spirit.

## **Jocelyn King-Delay, M.Ed., LCMHCS, LCAS, CCS, MAC**

Jocelyn works as a counselor at Pavillon and brings with her over twenty years of experience in the mental health and addictions field. She considers the mountains to be regenerating and feels that creativity and spirituality play vital parts in our healing and self-care. She utilizes meditation, mindfulness, visual arts, and voice and visualization into helping people find their way into better living. Jocelyn embraces her own unique spirituality and grounding and supports others do the same.

## **Nicole Borth, Certified Nutritionist, E-RYT Yoga Instructor**

Nicole helps others with their own health and wellness journey by utilizing her background in nutrition, mindfulness, meditation, movement and yoga. She brings a fun-loving energy to her current role as a Patient Support Specialist at Pavillon. Before coming to Pavillon, Nicole worked with youth, helping them to discover the importance of balancing the physical, mental, and spiritual through wellness education and practices.

## **Reed McKenzie, Musician, Photographer, Videographer, and Audio Engineer**

Reed currently serves Pavillon as the Digital Media Specialist and was previously a coordinator with Alumni Services for a number of years. He is an amazing musician and songwriter and is always searching for the most creative content to capture the essence of Pavillon, whether it be the staff, the facilities, or the land itself. He then uses his talents to create visual content and sound for all the digital platforms. Reed can often be found accompanied by his furry assistants on his quest to share Pavillon through those digital outlets.

## **Autumn Zamzow, MA, TCM, Licensed Acupuncturist**

Autumn has been facilitating healing for others for over twenty years through her extensive knowledge of Traditional Chinese Medicine and acupuncture. She has been dedicated to serving Pavillon's patients and staff for over twelve years.

