

The Spirituality of Fly-Fishing & Healing Yoga Retreat



Join us for a retreat weekend like no other!

Friday July 30th through Sunday August 1st

Lodging, meals, fly-fishing instruction, guided fishing, yoga and spiritual discussions will all be included! We also have available hiking trails, a private fishing pond, a contemplative chapel and an outdoor waterfall, all on 56 stunning acres of pristine wilderness.

Join Us for Fly-Fishing!

or

Join Us for Yoga!

You can spend your days learning how to fly-fish and casting in streams teeming with fish; while evenings will be devoted to fellowship, furthering our understanding of the spiritual nature of fly-fishing, why we are drawn to it, and how it helps us to heal.

You will have the opportunity to move through a series of mindful meditations and light yoga practices throughout the weekend. Great for beginners, as well as all levels, it has been said that *"yoga is the dance of every cell with the music of every breath that creates inner serenity and harmony."*

Relax, recharge your batteries and get closer to God.

Friday

Fly-Fishing: Welcome, meet & greet, fly-fishing orientation & basic casting, entomology, knots & splicing, casting, river fishing, dinner, open spirituality & discussion/free time.

Yoga: Welcome, meet & greet, finding breath & foundation, listening meditation & reflection journaling, walking meditation, music yoga, dinner, open spirituality & discussion/free time.

Saturday

Fly-Fishing: Morning prayer, breakfast, line handling & forming loops, entomology & tying flies, lunch/free time, casting & river tactics, streamer fishing, on river wading, dry fly casting & fishing, dinner, spirituality/discussion.

Yoga: Sunrise meditation, yoga & stretching, breakfast, mantra meditation, chair yoga, lunch/free time, restorative yoga, dinner, spirituality/discussion.

Sunday

Fly-Fishing: Breakfast, final session on spirituality, fly-fishing, final Q&A, Sunday Mass, fishing, farewell.

Yoga: Breakfast, final session on spirituality, yoga, final Q&A, Sunday Mass, walking/listening meditation in nature, farewell.

Fly-Fishing Only: \$425
(per person)

Yoga-Only: \$325
(per person)

Non-Participating Partner/Spouse: \$249

Register Soon! Space is Limited!

Contact Us: 215-836-9800 x702 or information@mysaintmiriam.org



Meet Our Retreat Leaders



Jeff White – Guide

Jeff has over 15 years of guiding under his belt but has been fishing ever since he was a toddler growing up in Connecticut, spending his summers near the Delaware fishing with his grandfather. After working in the corporate world, Jeff decided to make a career out of his love for fishing and began guiding full time in the tail waters of Tennessee, prior to moving to Pennsylvania to manage the Delaware River Club.

Along with the Delaware River, Jeff has guided other waters in New York, Pennsylvania, Tennessee and both North & South Carolina. One thing is certain – good luck finding Jeff anywhere without a river nearby! Jeff lives in Callicoon, NY overlooking the river with his wife, Kristin, their lab and doting cat. Also keeping the family tradition alive, Jeff takes his young niece fishing as frequently as possible, but his true passion is his chase for the salt and his free time is spent seeking out stripers and blue fin tuna on the fly.



Samantha Dennis – Guide

Samantha learned to fly fish on the freestone mountain streams of Vermont and the small rivers of Rhode Island and Massachusetts. While brook trout will always be her first love, the lure of big browns has drawn her to many locations, including a 23-day trip to Chilean Patagonia and a decade in the challenging spring creeks of the Midwest. However, it took just one epic day on the Upper Delaware to hatch an obsession with the river and make it her specialty. While trout on a dry are her favorite, she loves stalking smallmouth and anything that will devour a streamer.



Annie & Charlie Masters – Instructors

Annie has been studying and practicing yoga since 2002. While evoking a calm, positive energy, Annie's public classes and private sessions are centered on alignment-based principles that foster physiological wellbeing and challenge students to deepen their practice to their fullest potential in a playfully serious way. It is with heartfelt enthusiasm that she welcomes all individuals of every age, ability, and background to join her in the daily exploration of yoga. Continuing to find inspiration from local teachers as well as internationally renowned yogis, I live in gratitude of the keen awareness that yoga continually brings to my everyday life.

Charlie serves as Director of Music at Saint Miriam and has been a musician since the age of three and a half, when his mother took him to his first piano lesson. He continued to study all forms and styles of music, eventually majoring in music education and performance in college. Charlie holds dual Bachelors in Piano Performance and Music Education from Mansfield University and a Masters of Music Education from Ithaca College. He has been a vocal music educator in the public and independent schools for the past twelve years, currently teaching in the suburbs of Philadelphia. Throughout his teachings, he has had the pleasure to conduct choirs throughout the Eastern United States, Italy, and Eastern Europe. He is an active guest conductor, clinician, and freelance pianist in both the classical and jazz idioms.

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