

# Journey to the Heart

wickedly wonderful  
weekend retreat

April 25-27, 2025

Lake Murray Lodge & Cabins  
Near Ardmore, Oklahoma

Journey down the Yellow Brick Road, through the Emerald City, Over the Rainbow and all the way to the Heart through guided visualizations, meditation, journaling, yoga, and more. Presented by **Life Guide in Spiritual Psychology, Debi Mahoney, M.Ed, MA**

With 12,000 acres of forested rolling hills and 150 miles of clear blue shoreline, Lake Murray with state-of-the-art lodge + cozy cottages are a perfect place to retreat! Come enjoy the woods, water & walking trails!

- ♥ Early Hummingbird Special..... **\$325**
- ♥ Cost After March 17, 2025..... **\$350**

*Learn more about registration, lodging + accommodations*

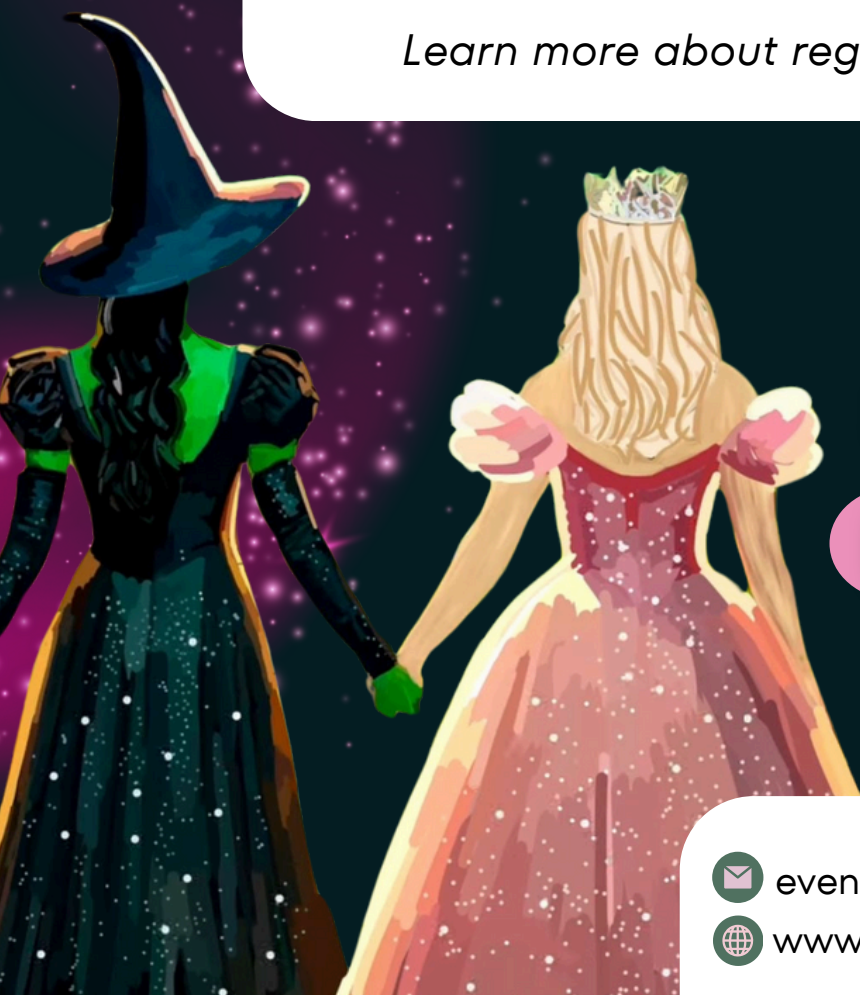
Space is limited, register soon!

**[bit.ly/wickedretreat2025](https://bit.ly/wickedretreat2025)**

✉ [events.debimahoney@gmail.com](mailto:events.debimahoney@gmail.com)  
🌐 [www.debimahoney.com](http://www.debimahoney.com)



QUESTIONS? CALL DIANNA  
**405-819-1713**



**Lodging: The deadline to reserve lodging accommodations with Lake Murray State Lodge is Monday, March 25th.** Call the Reservation Desk at the Lodge at 580/223-6600 to reserve lodging with a credit or debit card. **It is important to say you are with the Journey to the Heart Retreat.** You are encouraged to make your lodging reservations as soon as possible to secure one of the rooms or cottages the Lodge has blocked out for our retreat. Beginning March 26th, it may be more challenging to reserve a room depending on the number of people making reservations other than our group the weekend of the retreat.

The lodge room rate is \$145 and can sleep up to four people (two queen beds) with a private balcony overlooking the lake for every room. Cottages are available but not recommended due to the shape they are in—renovations will be happening at some point. The reservation desk will ask for a deposit of one night's lodging when making your reservation.

#### ACCOMMODATIONS

No.	Dates	Accommodations	Rate Per Night
	04-25/27-2025	New Lodge Rooms Sleep Up to Four	\$145.00

**\*Rates are per night and do not include sales tax.**

**Dining:** Meals will be on our own. You are welcome to bring your own food or go to the Bistro in lobby (coffee, sandwiches, etc), the *Lookout*, a restaurant sitting on the water at the Lodge, or the many places to dine in Ardmore which is 10 miles away. Mini refrigerators, microwaves, and coffee makers are available in the Lodge rooms.

**Snacks and Drinks:** Feel free to bring snacks, meals, and drinks on the retreat (no alcohol during the retreat please). It is recommended that you avoid sugar to avoid emotional rollercoasters. Beverages are allowed in the meeting room although food is not. Water, hot tea, + coffee provided.

**Helpful Hints for a Wonderful Retreat:** Please eat before arriving on Friday night. Most folks take off work all day or a half day on Friday to avoid the high traffic times driving to the lake and to get checked in and settle into the retreat energy. Some have said they have found it helpful to not make plans Sunday evening and to be off work on Monday, if possible, to absorb the amazing experiences we will be having.

***See Registration Form on next page...***

# Registration Form

## Journey to the Heart Retreat April 25-27, 2025

Two Easy Steps--both must be taken to register.

**1. Retreat Registration:** Complete, email, or mail this form with payment to [events.debimahoney.com](http://events.debimahoney.com) or to Debi Mahoney, 11320 Cedar Hollow Road, Oklahoma City, OK 73162. Register soon as space is limited. (See below for ways to pay.)

**2. Reserve Lodging:** Call Registration Desk at 580/223-6600 to secure Lodge room or cottage in our block of rooms by March 25th. **It is important to say you are with the Journey to the Heart Retreat.**

**I agree to the following:** I understand that the sponsoring organization, *With Grace & Ease/Mahoney & Mahoney* and its facilitator, Debi Mahoney, as well as co-presenters, are not liable for any injuries or experiences during this weekend retreat. The retreat begins on Friday, April 25, and ends by 2 pm Sunday, April 27. If changes are made in the schedule, participants will be notified in advance. Cancellation policy: If you have an emergency and cannot attend after registering, you will be refunded all but \$75 of retreat fees for registration costs. You will also need to notify Lake Murray Lodge to cancel your lodging reservation if you cannot attend.

**Questions?** Contact Dianna Matli at 405/819-1713 or [events.debimahoney@gmail.com](mailto:events.debimahoney@gmail.com). If you are in need of making arrangements to set up a payment plan, contact Dianna.

**Ways to Pay:** Cash App-\$debimahoney, Venmo-@withgraceandease, and PayPal [debimahoney23@gmail.com](mailto:debimahoney23@gmail.com). If paying by debit/credit card, see the information below or let Dianna know to charge your card on file. Checks can be made to *Mahoney & Mahoney, Inc.*  
**Your name (please print)** \_\_\_\_\_

**Phone** \_\_\_\_\_ **Email** \_\_\_\_\_

**In case of emergency, contact:** \_\_\_\_\_ **at cell #** \_\_\_\_\_

**Special needs you want us to be aware of:** \_\_\_\_\_

**Signed by Participant** \_\_\_\_\_ **Date** \_\_\_\_\_

**If paying by credit card, please complete the following information:**

Please charge my card for \$\_\_\_\_\_. \$325 if registered by March 17 or \$350 after March 17.

Name on card: \_\_\_\_\_ Signature: \_\_\_\_\_

**Note:** If we have your credit card information on file, you need only print and sign your name, provide your contact info and emergency contact, and amount you wish to pay above.

Card #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

3-digit CC ID (on back of card): \_\_\_\_\_ Zip Code: \_\_\_\_\_

*Directions + further details sent by email 14 days prior to retreat!*