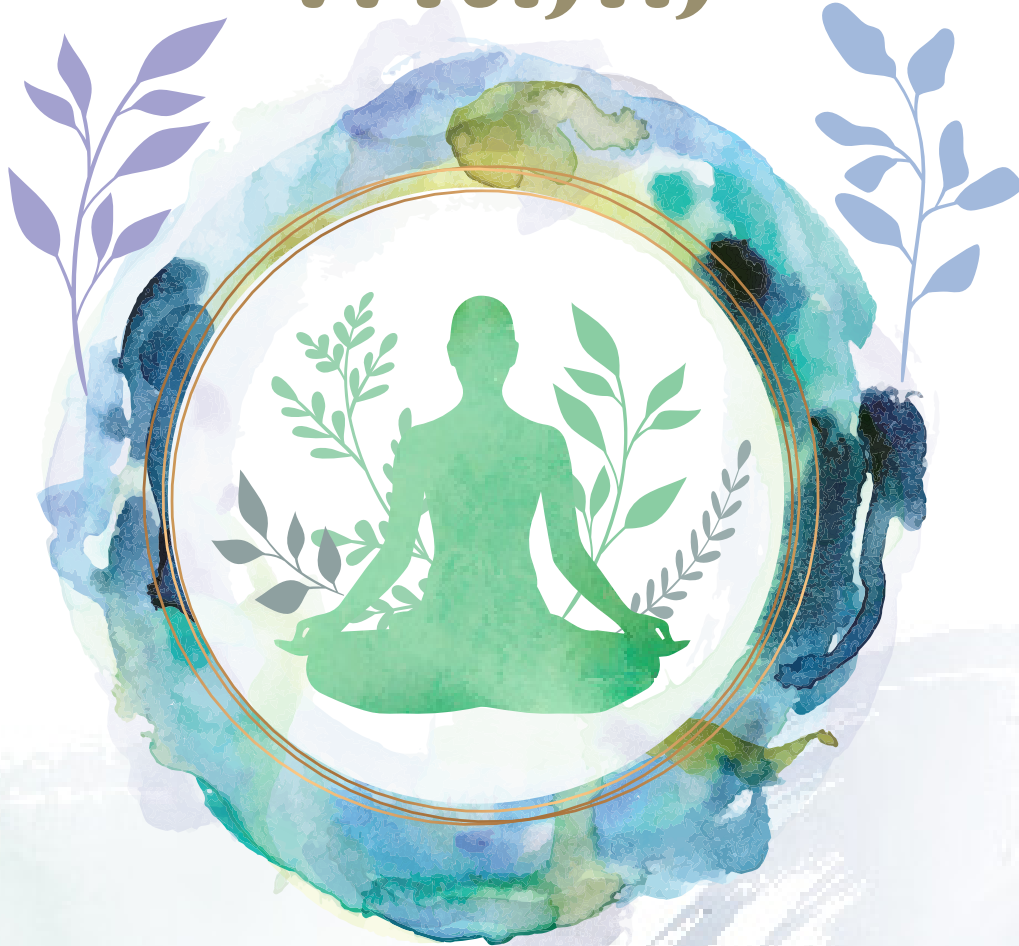


**June
13-15,
2025**

A SUMMER MEDITATION RETREAT

**Charlottesville, VA
(private garden
location)**

The Garden Within



RETREAT HIGHLIGHTS

- Morning Qi Gong to awaken and energize the body
- Guided group meditations
- Walking meditation through garden pathways
- Zapchen somatics to calm and regulate the nervous system
- Traditional Buddhist smoke offering
- Fresh organic meals prepared with care and garden ingredients

COST

\$333 (Venmo, Zelle, check or cash payments)
(\$345 for credit card or PayPal payments)
Includes all meals, practices, and two nights' stay (camping)

Space is limited to keep the group small and grounded.

Step away from the busy world and into a peaceful garden.

**JOIN US FOR THREE DAYS OF CALMING PRACTICES, NOURISHING FOOD,
AND QUIET CONNECTION—WITH NATURE, COMMUNITY, AND YOURSELF.**

Registration / Inquiry: ✉ jaydemaio77@gmail.com, mkirbymoore@gmail.com

☎ (434) 465-0603

SCHEDULE OVERVIEW

Friday

Arrival 3–5 PM

- Tent Setup · Orientation
- Dinner · Opening Circle
- Evening Meditation

Saturday

- Qi Gong · Walking Meditation
- Zapchen Somatics · Buddhist Smoke Offering · Group Meditation · Free time to rest
- Optional Tarot Readings
- Delicious Organic Meals

Sunday

Depart by 1 PM

- Qi Gong
- Connection with Nature
- Zapchen · Lunch

LOCATION

A peaceful, private garden property 25 minutes from downtown Charlottesville, address provided upon registration.

- Tent camping spots included · One guest room available (+\$100) · Commuters welcome

YOUR FACILITATORS



Jay DeMaio is a Trauma-Informed Somatic Therapist and dedicated practitioner of Internal Martial Arts based in Charlottesville, VA. At *The Garden Within*, Jay will lead morning Qi Gong and group check-ins, offering these practices as gentle, empowering ways to reconnect with the body's innate wisdom and inner medicine.

With over 15 years of training under Qigong Master Zhongxian Wu, Jay holds a five-year certification in Qigong, Qi Healing, and Internal Alchemy. His therapeutic approach is rooted in deep presence and compassion, drawing from extensive experience in Polyvagal Bodywork, Cranio-Sacral Therapy, and his own transformative healing journey as a cancer survivor.



Kirby Moore is a longtime student of Tibetan Buddhism, with over 20 years of dedicated practice. Since 2012, he has offered workshops and retreats that weave together spirituality and embodied healing. In his private work, Kirby supports clients through Somatic Experiencing®, Biodynamic Craniosacral Therapy, energy work, and Western Astrology.

He is the founder of *Trauma Informed Astrology*, where he has been teaching since 2021. Deeply influenced by the guidance of heart-centered teachers and revered Tibetan Lamas, Kirby brings warmth, presence, and depth to all he offers—inviting others into a grounded path of resilience, insight, and inner awakening.

Scan this code to pay



venmo

Kirby Moore
@Kirby-Moore-2

To reserve your spot, send **\$150 non-refundable deposit** or pay the full amount.

After you register, we will reach out about meals and dietary considerations.

View the Welcome Agreements and Retreat Waiver here:
www.mkirbymoore.com/the-garden-within-retreat.html

**"Turn inward.
Root in presence.
Bloom from within."**