

August 15, 2009

Dear Donna, Kent and Deb,

what a divine time of devotion, dining, daytrips and downtime! Thank you!

Devotion: Sewall House - a place where I explored something old... and something new...

It was comforting to start the morning off with Natha yoga... and progress to finally standing on my head! I appreciated the emphasis on particular areas of the body, e.g. shoulders, which was a direct response to Deb's request/query. Donna truly listens.

Her yoga focus that morning exemplified the very quality she read aloud to us: the importance of responding, not just reacting. Afternoons ended blissfully with Kundalini yoga and chanting, and Kent's inspired music. This was my first time exploring Kundalini yoga... and within a few short days I grew to love it - the awakened back, even the breath of fire, which proved a tad daunting at first! Now I'll just have to keep practicing!

Dining:

Each meal at Sewall House has been a culinary delight - from the flavorful green curry, rich with asparagus, to succulent mushroom/olives/tomatoes morsels wrapped in melt-in-your-mouth filo; from fresh, toasted granola flakes to scrumptious couscous salad bursting with carrots, green and orange peppers, & celery. Tiny plates with assorted nuts, a glass bowl of triangles of lime, bread baskets brimming with freshly-baked grainy breads and fragrant rolls, and olive-oil-filled saucers rounded out each dinner. & let's not forget the irresistible twelve-year aged cheddar cheese, or the divine peanut butter! The upside-down pear cake for Chantelle's birthday was a really special touch. Kent, you are a fantastic cook, with a fine sense for flavors and subtle spices. Deb - thanks for many a fresh salad, and Donna - the homemade gooey choc-chip cookies were divine!

Daytrips:

The fun part of the retreat is doing as much or as little as one pleases. The day trips certainly enhanced the overall experience. Donna, Kent and Deb - thanks for being so attentive to each guest's needs. I enjoyed the bumpy trip to the swimming hole, & lounging by the lake while Deb urged everyone to take the plunge. The visit with Donna to the Amish was special (I had no idea there was a community in Maine!), as was the boat ride and quiet time at the cabin - munching on leftover mushroom pastry treats while swinging in the hammock! Blueberry-picking rounded out the fun trips!

Downtime:

Sewall House is perfect for disconnecting from everyday stresses. I cherished the chance to simply sit on the porch - rocking; the time to explore the town's falls and gift shops; the time to chat during a long, leisurely dinner; the special opportunity to get to know Wilbur and Nancy, & benefit from their wisdom; the chance to meet Eleanor, & to partake of her gift of freshly-baked rolls; the privilege of watching Wilbur actively engage in boat rides and visiting life-long friends; the opportunity to have a massage from the amazing Heather, who prodded and poked, then stroked and soothed, and finally - the joy each night of retiring to an elegant room, beautifully furnished, to rest in a four-poster bed... a dream come true! All in all it's been a wonderful time of rest, reflection and renewal. Thank you so much, Donna, Kent and Deb, for this very special time that I will treasure always!