



OMSANCTUARY

Holistic | Education | Retreat | Asheville

OM Sanctuary (Oshun Mountain Sanctuary, Inc.) is a non-profit responding to the increasing number of people seeking to bring balance, health, and inspiration into their personal and professional lives. People around the world are waking up to the fact that a sustainable world and future begins with a sustainable individual lifestyle. At this critical moment in human development, OM Sanctuary hears the call for a center that will provide profound support in these changing times.

With the insight, vision, and help of generous donors and supporters, OM Sanctuary is

becoming a leading model for a combined community and nature-sensitive retreat center. Natural beauty has a way of calming the nervous system and connecting us to our natural rhythms. Studies on holistic practices continue to acknowledge the mind-body connection in certain forms of depression, anxiety, weight gain, chronic fatigue, insomnia, migraines, memory problems, irritability, and relationship difficulties.

The non-profit offers classes, demonstrations, lectures, training, day-long and extended-stay programs on topics such as life enrichment, stress reduction,

modeling health for children, cooking for health, yoga, and meditation. Guests have access to well-being services, healthy food, and other resources for mindful living. We invite guests to disconnect from their cell phones and computers to reconnect with their natural rhythms and inner wisdom. Several areas of campus are cell phone and computer free. The beautiful 54-acre property provides ample outdoor space to reflect and de-stress. OM Sanctuary creates a community for individuals to feel supported as they live, love, learn, and laugh together.

Media Contact:

Jaymii Liehr
828.252.7313
jaymii@omsanctuary.org

Board Members

Shelli Stanback, *President*
 Dr. Brian Lewis, *Treasurer*
 Christina Morrison, *Secretary*
 Joshua Canter

Advisory Board Members

Adelaide Daniels Key,
 Philanthropist and Community Advocate

Alan Muskat, *Director*,
No Taste Like Home and Co-
Director, *The REAL Center*
 Dr. Anne Walch, *Integrative Medicine*

Brad Stanback, Ecological
 Research and Restoration Specialist

Carol Lawrence, *Principal*, Carol Lawrence
 Consulting

Debra Roberts, *Fifth World Women Walking Upright*

Don Cooper, *Founder*, *CooperRiis Healing Farm Communities*

Frank Myers, Co-Owner of Nirvana Landscaping

Howard Hanger, *Hanger Hall School for Girls*

Jack Thomson, *Director of Preservation Society of Asheville* and Buncombe County

Jaymii Liehr, *Founding Partner*, *Sparrow Junction Management, LLC*

Dr. Jim Biddle, *Asheville Integrative Medicine*

Jim Samsel, *Samsel Architects*

John Brock, *Executive Director*, *Environmental Leadership Center*, Warren Wilson College

John Swann, *Former CEO*, *Greenlife Grocery*

Dr. John Wear, *Director of Catawba College Center for Environment*

Karon Korp, *President*, *Magic Mountain Press*

Keith Lindberg, *Lindberg Painting*

Layne Redmond, *Drummer, Author*

Lillah Schwartz, *Founder, Owner*, *Lighten Up Yoga*

Lisa Myers, Co-Owner of Nirvana Landscaping

Lisbeth Cooper, *Founder*, *CooperRiis Healing Farm Communities*



The Name:

O is for Oshun:
 Renewal and vitality

M is for Mountain:
 Strength and stability

Sanctuary: Sacred space
 for rest and rejuvenation

Lourdes Lorenz, *Director of Integrative Healthcare*, *Mission Hospital*

Margo Flood, *Former Executive Director*,
Environmental Leadership Center, Warren Wilson College

Marilyn Ball, *12 Twelve Marketing*

Dr. Mark Hoch, *Integrative Medicine Doctor*

Martha Kiger, *Sand Mandala Facilitator* and
 Former Communications Director

Mike Horak, *Associate Director of Philanthropy*,
The Nature Conservancy

Pat Smith, *Former President*, *Community Foundation – Western NC*

Pat Whalen, *President*, *Public Interest Projects*

Rick Aguar, *Independent Motion Pictures and Film Professional*

Sarah Susanka, *Principal of Susanka Studios*

Stan Cross, *Education Director*, *Environmental Leadership Center*, Warren Wilson College

Media Contact:

Jaymii Liehr
 828.252.7313
 jaymii@omsanctuary.org

“As we cultivate peace and happiness in ourselves, we also nourish peace and happiness in those we love.”

Thich Nhat Hanh

Frequently Asked Questions

1. What is the distance to the airport?

a. The Asheville Regional Airport is 15.5 miles from OM Sanctuary.

2. What is the distance to downtown?

a. 2 miles

3. Is camping available?

a. At this time, camping is not available at OM Sanctuary.

4. Are animals allowed on property?

a. With the exception of service animals, domesticated animals are not permitted on campus.

5. What activities are available onsite?

- a. Walk the Tranquility Trail
- b. Meditate in the meditation room or in the Serenity Garden
- c. Join an Embodiment Class
- d. Unwind with a massage, sauna, or steam shower in the wellness center

6. What can you do in Asheville?

a. Both West Asheville (3.5 miles) and downtown (2 miles) offer tons of shopping, restaurants, and sightseeing.

b. Hiking, canoeing, kayaking, and swimming are within an hour's drive of OM Sanctuary.

7. Is food available on site?

- a. Complimentary breakfast is served every morning in the Sanctuary Dining Room
- b. Pre-arranged lunches and dinners can be made available.

8. Is there a spa nearby?

- a. Reservations can be made for our massage and body treatments in the Renewal Center. Please visit the reception area to see a menu.
- b. Steam and sauna are also available via reservation only.

9. Is childcare provided?

- a. Unfortunately at this time, we do not offer onsite childcare.
- b. Feel free to contact the following services at your discretion:
 - 1. Care.com
 - 2. NanniesForHire.com



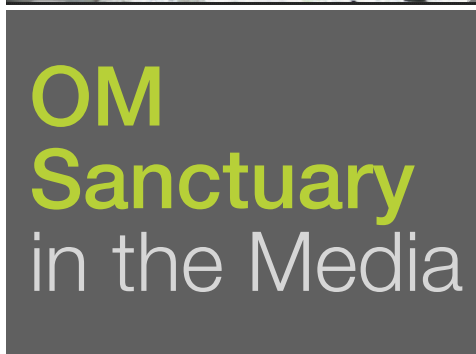
Left: July 2013 Ribbon Cutting Ceremony **Right:** June 2013 Summer Solstice Event





“ There is a wonderful mythical law of nature that the three things we crave most in life — happiness, freedom, and peace of mind — are always attained by giving them to someone else.”

Peyton Conway March



Southern Travel & Lifestyle Magazine

Ageless Grace Article

OM Sanctuary Video

Citizen Times Article

WLOS Article

Black Mountain News Article

The Laurel of Asheville Article

The Citizen Times Video

Photographers:

Galen McGee • Harry Feinberg •

Taylor Johnson • Dawn Pikula

Media Contact:

Jaymii Liehr

828.252.7313

jaymii@omsanctuary.org