

## Collection Summary

**ID Number:** CS 255

**Title:** Gray Bear Lodge

**Extent:** 1 Folder(s)

**Span Dates:** 2003

**Language:** English

**Geographic Location:** Hohenwald, Tennessee

**Abstract:** This collection consists of a flyer of events at the community.

**Historical Notes:** Nestled in the rolling forest of the beautiful West Tennessee hills, Gray Bear Holistic Retreat Center is a pause along your path, fulfilling the ideal environment for health, relaxation, and yoga. Our richly warm, rustic retreat reveals the empirical healing of nature. Pure air commands the awareness of breath. Pure water reflects the image of serenity. Stone hearths with roaring fires, and long twilight walks will complete the richness found in the blending of nature and yoga. Gray Bear is about foggy mornings, beautiful sunrises, quiet walks, working meditations, whippoorwills, tree frogs, fresh air, starry nights, silence, stillness Gray Bear became a dream of Adam's and Diann's in 1993. An incredible vision of a sanctuary to share with the world. A healing space to learn, grow, restore and renew. Through consistent hard work and endless volunteer help, this vision has very much remained alive and growing. Like the Spring, Gray Bear is ready to burst into bloom. Gray Bear Lodge is a rustic retreat center dedicated to keeping the spirit of fun and inspiration alive. Through experiential workshops in a natural setting we promote growth, fulfillment and the joy of learning. Having said that, we like to keep it simple. Our workshops include full use of our facilities: one hundred fifty acres of rolling hills, and thick forest for hiking, natural springs for reflection, a crisp shower in our waterfall, sacred moments in our hand-built wood-fired sauna, the silence of nature's symphony, clean air, clear water and a life free of distractions. While the lodging is intentionally rustic, we make sure our guests feel comfortable and right at home. Most rooms are double occupancy with shared baths. Our commitment in the kitchen is strong: vegetarian meals prepared with love and whole, organic ingredients. Our guests rave about our food and some of them even help with the dishes! **Sources:** [Gray Bear Lodge](#)

## Selected Search Terms

**Subjects:** Spiritual retreat centers; Mind and body; Yoga

## Administrative Information

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Contents	Date	Container	Folder	Location
Gray Bear Events, Spring 2003	2003	Filing Cabinet	Folder 1	Filing Cabinet 13-B