

Acclaimed Writer/Performer Doug Motel Leads Personal Growth Retreat in Upstate New York

Award-winning monologist Doug Motel will perform his hit solo play Mind Salad as part of the "Get Out of Your Head and Into Your Life" retreat in Rosendale, New York on May 19 and 20.

For Immediate Release

ROSENDALE, N.Y./EWORLDWIRE/May 2, 2007 --- "Get Out of Your Head and Into Your Life" is a spring, mind, body, spirit retreat being held at Ulster County's Lifebridge Sanctuary Retreat Centre.

In this mountain retreat, participants will be offered personal growth exercises, storytelling and guided meditation led by Theatre L.A. Ovation award and Los Angeles Weekly award-winner Doug Motel. Yoga will be offered by Carrie Wykoff, a 500-hour certified teacher who has been teaching worldwide since 2001. The yoga classes will be appropriate for all levels.

"Though my background is in entertainment, I have always had a passion for collecting and experimenting, with tools designed to facilitate enlightenment. My workshops are a fun, engaging report on the tools I am discovering. These tools help people to stay in the moment," explained Motel.

Motel has been offering his workshop and healing stories for more than 15 years in hospitals and rehabilitation centers, corporate boardrooms and in unusual locations such as dude ranches in Montana and at The Center for A Course in Miracles in London. His unusual synthesis of entertainment with healing led best-selling author Marianne Williamson to exclaim that "Doug Motel makes conscious comedy. He makes me laugh and he makes me think."

Fans of film and TV may be familiar with Doug's portrayals of screen villains in projects including Fox TV's live action series of The Tick and the award-winning feature film The Waiting Game. "It is sort of funny that I often get cast as men that are evil when I have such an interest in enlightenment. Maybe it's because they are opposite sides of the same coin?"

Saturday evening, May 19, will culminate in a performance by Motel of his critically acclaimed solo-play Mind Salad. Mind Salad, is the story of Mick Calendar, a south London screenwriter who moves to Hollywood hoping to escape from his ego. Motel plays all of the men, women and children that Mick encounters in his quest for enlightenment. The New York Post said, "Doug Motel like Whoopi Goldberg and Lily Tomlin, is one of those rare comedians who creates and seemingly becomes totally original characters."

Motel and his family are new members of the Hudson Valley community; they moved to Rosendale, New York, last May from Manhattan.

The Lifebridge Sanctuary is a 12,000 square foot hand crafted, green facility on 95 acres of forest and spectacular open space on the northern crest of the Shawangunk Ridge, eighty miles north of New York City.

The cost for commuters is \$99 includes activities, shared room and meals.
The cost for residents is \$59 and includes activities and meals. Register online at '<http://www.DougMotel.com/Retreat>'.

Media requests: contact Carrie Wykoff with Events That Matter at 917-450-1139.

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