

WHOLE BODY MINDFULNESS RETREAT

To cultivate balance in the body, mind, and heart

September 14-16, 2018

3 Days and 2 Nights

Harmony Dawn Retreat Centre
800 Baxter Road, RR #1, Hastings ON

What nourishes you?

Connection, Mindfulness, Meditation, Yoga, Movement, Learning,
Nature, Dance – then this is your weekend!

The intention of this weekend immersion is to help you reconnect with your body, regain a sense of balanced and efficient movement, and promote embodied mindfulness. Most importantly, this retreat is designed to help you restore, rebalance and renew.

Balance within the body and mind promotes balance within life.

Experience inspiring workshops and practices in mindfulness, body awareness and movement, to support your journey in mindful living. Enjoy nourishing meals, daily yoga and meditation, movement, nature, community, and as much free time as you need. Move and feel better, so you can move through life with grace and ease.

Facilitated by:

Carolyn Cliché, Registered Massage Therapist, Movement Educator

Ameeta Dudani, Mental Health Practitioner, Mindfulness and Yoga Teacher (RYT-200)

Cost:

Early Bird (until Aug. 15th): \$400 all-inclusive of meals, accommodation & programming.

After Aug. 15th: \$450 all-inclusive.

To Register: Please contact carolyncliche@hotmail.com or 705-427-6604

*Only 20 spaces available. Payment in full required to register and is by e-transfer only.

Be inspired to live well.