



# DAY OF REFLECTION & RENEWAL

**Saturday, August 20, 2011**

**with Virginia Hart Nelson, C.CHT.**

You are invited to set aside a day dedicated to personal renewal and strength.

We often have a very good idea of the resolutions and habit-patterns we want to change, but life's distractions and the ego's interference have a tendency to get in the way!

Through periods of stillness and reconnecting with our true Inner-Being, we can let patterns of resistance dissolve. Even those of us who have been on a spiritual path for many years can still succumb to the ego's avoidance, which buys into certain fears and limitations. So whether you have tendencies toward overwork, procrastination, health issues, or simply want greater peace of mind, you can deepen your ability to access the part of you that is deeply loving, wise and sure.

Included will be meditation, gentle movement, breathing, and elements designed to release hidden resistance. There is a park & ravine nearby, and a heated pool and sauna available. We will go to a local café for lunch. You will receive handouts and Aromatherapy Mineral Bath salts.

**Fee: \$95.00. Near the Yonge-St.Clair subway.**

**Guest-parking available.**

**10:A.M. start.**

**Virginia Hart Nelson, C.CHT.** is a Clinical Hypnotherapist, Traditional Reiki Master and Attunement Practitioner who brings humour and spiritual perspective to help penetrate the ego's resistance. She has been working with others for 16 years.

**For more information contact Virginia at  
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