



WEEKEND RETREAT IN THE CITY

Reconnect with Your Inner-Guiding Wisdom

SAT-SUN JULY 23-24, 2011

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

This is an opportunity to spend some reflective time in which to draw benefit from that part of us that knows what to do and has the larger vision. It's easy to get distracted by life's incessant demands, but by moving outside of our daily routine we allow room for something fresh to emerge.

This will be a contemplative time with elements designed to help you slow down, release stress, and re-connect with your inner-guiding Spirit. Included will be meditation, gentle movement, and simple breathing sequences designed to still the mind and set in motion new habit-patterns that will serve you in practical and spiritual ways. There will be an overview of our chakras & endocrine glands as symbolic centers of moving through stages of illusion into a deeper peace.

We will share lunch at a local café. Depending on weather and personal preference, there will be time for a walk in nature (nearby park and ravine) and/or a swim in the heated pool and use of the sauna and outdoor courtyard.

It is recommended that you have a quiet Saturday evening so as to allow the continuity of a weekend devoted to strengthening and simplifying your life, and letting love inform your decisions.

The following day is devoted primarily to a private session, which will include a Reiki treatment, a deeper application of the Breathing Meditation, and time for some personal insights. You may also have a swim, walk, or do some journaling.

Included will be Handouts, Aromatherapy Mineral Bath Salts, and a Journal. Fee is \$150.00. Central Toronto, near the subway. Guest parking available.

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 facilitating groups for 16 years.

**For more information contact Virginia at
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