

WEEKEND RETREAT IN THE CITY

**Time for Reflection; Setting a
New Tone for the Coming Year**

SAT-SUN JANUARY 21-22, 2012

with Virginia Hart Nelson, C.CHT.

You are invited to set aside some time for replenishment and renewal. This weekend is an opportunity to set a new tone for the coming year and to put in place contemplative practices that will reinforce the best of you.

There are elements designed to help you slow down and release stress, including meditation, gentle movement, simple breathing sequences and energy balancing.

Through periods of quiet we can reconnect with our Still Self and honour our larger capacity to anchor those qualities that serve us: patience, trusting our inner-knowing, feeling safe, ease of movement, creativity...moving into a deeper peace.

We will meet at my building south of Yonge & St.Clair. Depending on weather and/or personal preference there will be time for a walk in nature (park & ravine next door) or a swim in a heated pool & use of sauna. We will share lunch at a local café.

It is recommended that you plan a quiet Saturday evening. The following day is devoted primarily to a private session which includes a Reiki treatment, a deeper application of a breathing meditation and time for a reading and personal insights. You have the option of a swim, walk, or some journaling.

**Included will be Handouts and Aromatherapy
Mineral Bath Salts. Fee is \$150.00 Central Toronto,
near the subway. Guest parking is 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 working with others for 18 years.

**For more information contact Virginia at
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