

Harvest Your Soul

~Holistic Retreat for Women~

Nurture Your Soul with Nurture Through Nature
Sept 26, 5:30pm - Sept 28, 3:00pm, 2008, Denmark, Maine

As we celebrate the abundance of harvest time, you are invited to realize your own bounty available to you on an artfully woven women's retreat. Through self-awakening practices, in a healing, safe and supportive circle, come harvest your soul in the supportive community your spirit is calling for.

Highlights for the Harvest Your Soul Retreat include:

- Sacred Fire Circle; raising our Vibration through music, song, drumming, dance
- Progressive awareness exercises aimed to increase inner knowing & inherent wisdom
- Exercises to connect with the energy~life force in all things
- The Work of Byron Katie to bring in more peace and clarity
- Shaman Drumming Journeys connecting you to your soul, Power Animal, guides & teachers
- Guided Meditations
- *Dahn Yoga and Healing* with gentle *Hatha Yoga* for opening
- Live inspirational music and song circles with singer~songer writer Lynn Deeves
- Optional body work with Lynn, Licensed Massage Therapist (\$35/ half hour & \$60/hr
- Solo reflective time in Nature
- Meditation woods walks
- What Spirit has in store for us

Your facilitators:

Jen Deraspe: Owner of Nurture Through Nature, Jen has been facilitating holistic retreats for women through weekend workshops and holistic canoe trips since 1999. Jen is a certified Hatha yoga instructor and is a graduate and staff of The School for The Work of Byron Katie. She blends mind~body~spirit retreat experiences together with connections to our natural world for women, custom circles and individuals looking to fill their cup. FMI: www.ntnretreats.com

Claudia Ragonesi: Rev. Claudia "Dancing Waters" Ragonesi is a Holistic Practitioner, certified in Shamanism, Spinal Touch, Tong Ren, Dahn Yoga Healing, and Qigong Healing. Claudia has an enthusiasm for nature, ritual, and personal transformation that brings a rich blend of offerings to her clients and retreat adventures. She actively leads spiritual pilgrimages, workshops, seminars and classes in sacred sites around the world.

Lynn Deeves, LMT: Singer~Songwriter and Licensed Massage Therapist
Both co-leading and participating in NTN's retreats was a life-affirming experience for me...witnessing women from all walks of Life show up, step up, and ride their own waves safely to shore within the comfort/support of the group...we became each others' 'Believing Mirrors'..."

Cost: \$350 per person: fee includes 2 night's shared cabin stay, 5 wholesome meals (organic and local when possible), and all programming. Companion Discount: Bring a friend new to Nurture Through Nature and both take \$50 off. To register: Send \$100 nonrefundable deposit to: Nurture Through Nature, 77 Warren Rd, Denmark, Maine, 04022. Upon receipt, confirmation packet will be sent to you including specific details and directions for your planning. FMI: Contact Jen at 207.452.2929, email at ntnretreat@yahoo.com or go to the website at www.ntnretreats.com.