

~Summer Solstice Holistic Retreat for Women~
Move into your True Light & Honor a New Season in Your Life
Nurture Your Soul with Nurture Through Nature

June 20, 5:30pm ~ June 22, 2:00 pm, 2008

Denmark, Maine

The essence of who you are is beneath the trappings of the busy mind. Come find the doorway to your essence found only in the present moment. The power of the Now is the very power of life, itself. This retreat will create safe haven & layers of opportunity to go within to find your True Nature, bringing peace & balance. Experience a deepening connection with your True Self and with the Living Earth in the company of women.

As we celebrate the greatest light that Summer Solstice promises, you are invited to find your own light on an artfully woven retreat. Through mindfulness practices, guided meditations, silent nature walks and gentle yoga, experience the stillness your spirit is calling for. Learn how to read, see and feel the energy in all things, opening to life's dance all around. Share in a sacred fire circle with ancient prayer and song. Connect with nature through greater awareness in a pristine wooded forest and magical mountain brook on Nurture Through Nature's retreat land located on Pleasant Mountain in Denmark, Maine.

In 2007, Nurture Through Nature received state & federal recognition as a green lodging facility. We are committed to respecting earth's resources & beauty through our use of solar-powered electricity, our composting and recycling efforts, use of renewable heating sources and earth-friendly cleaning products. Experience a green retreat and a simpler way of living!

Your facilitators:

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. She currently facilitates a 2 year intensive Holistic Training in Universal Healing certification course as well as a private practice in Maine.

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, on adjunct faculty in the College of Nursing & Health Professions at the University of Southern Maine 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

Cost: \$350 per person. Fee includes 2 night's shared cabin stay, 5 wholesome meals (organic when possible), and all programming.

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.