



# EARTH BODY

WEEKEND RETREAT

JUNE 21- 23 2024

ON BEAUTIFUL GABRIOLA ISLAND

Starts Friday at 5.00 pm - ends Sunday at noon

Residential- \$ 650

Camping- \$ 500

Commuter- \$ 450

We are restoring our bond with the Natural World through the essence of Being, seen through the pillars of practice. We know that "to lose our connection with the Body is to become spiritually homeless, and without an anchor, we float aimlessly," battered by the storms of life. In our Spring Rebirth retreat, we will reclaim our roots and allow the grounding to orient us in space and time. How we nourish our vessel through conscious breath and kind thoughts restores trust and confidence in our ability to contain and hold while connecting to our source of support.

The Body has an intelligence whose mysteries the mind has yet to fathom.

I look forward to our gathering and the deepening of our EARTH BODY inquiry into flexibility and consistency with a strong sense of presence, affirming with ease and grace the right to stand tall in that which we are.