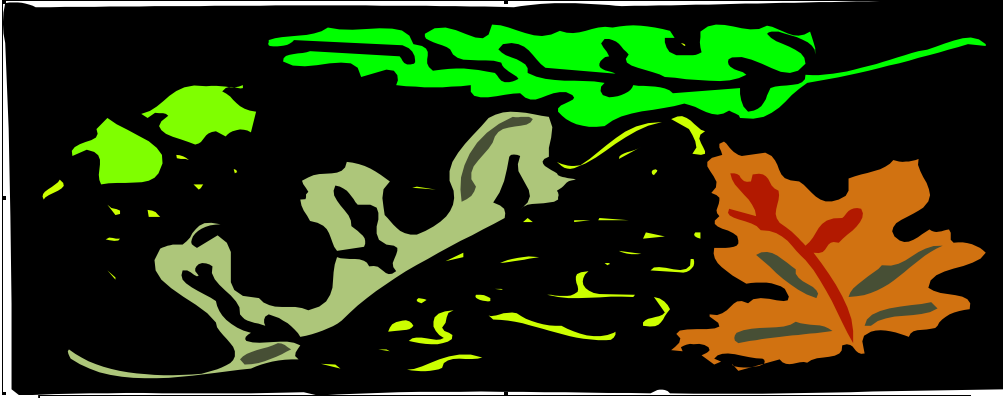


# Fall Equinox Holistic Retreat for Women~



## Harvest Your Soul with Nurture Through Nature



Friday, Sept 17, 7:00pm–Sunday, Sept 19, 2:00 pm, 2010  
Denmark, Maine

Come on a green retreat to harvest your own soul in the supportive space of other women doing the same. We will weave an eclectic blend of offerings sure to bring you more balance and peace in your life. This reflective retreat creates space to listen to your own spirit's callings, moment to moment.

Tools and experiences shared will include:

- Ⓞ Daily Yoga & Guided Meditation
- Ⓞ Wood-fired Sauna
- Ⓞ The Work of Byron Katie
- Ⓞ Silent mornings
- Ⓞ Therapeutic Massage
- Ⓞ Evening Fire Circle with Song
- Ⓞ Solo time in nature
- Ⓞ Guided hike to Medicine Wheel

**About the Retreat Center:** Nurture Through Nature is the first green retreat center in the state of Maine, having received state & federal recognition as a green lodging facility. At NTN, you experience a green retreat and a simpler way of living.

**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 an Institute for The Work Certified Facilitator of The Work of Byron Katie. For more info, go to [www.ntnretreats.com](http://www.ntnretreats.com), [www.thework.com](http://www.thework.com), or call at 207.452.2929.

**Lynn Deeves, LMT:** Nurture Through Nature welcomes Lynn in sharing her 2 loves, massage therapy and music. She will share her professional skills through integrated body work and also through her soulful and resonant voice, sharing in song and acoustic sound. Lynn has been named Maine Female Vocalist of the Year and is a gifted artist and body worker. FMI: [www.lynndeeves.com](http://www.lynndeeves.com) and [www.lynndeeves.massagetherapy.com](http://www.lynndeeves.massagetherapy.com)

**Raja Michelle, Certified Yoga Instructor:** *"I offer an environment where people feel safe and free to honor themselves, finding their own personal place using me as their guide. I keep the practice simple yet dynamic. Yoga is just breathing and movement in action. It is a way to place your mind into connecting with the body, and stepping out of the day to day."*

**Cost:** \$395 per person. Fee includes 2 night's shared cabin stay, meals on Saturday and Sunday (organic and local when possible), and a 30 minute therapeutic massage session.

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.