



**October 7-11, 2010~ Women's Fall Foliage Holistic Paddling
Eco-Retreat with Nurture Through Nature**

**Mount Washington Valley and Upper Saco River Valley,
Western Maine lakes and Mountains Region**

***For those seeking more long lasting peace and rest from all the noise
in their head!***

Join us on this unique and gentle paddling eco-retreat opportunity for women in which we blend an outdoor experience with tested methods of releasing stress and bringing in more long lasting peace. Take in the fall foliage along a meandering flat water river watershed journey, weaving it's way through Western Maine's mountains, lakes and farming region with the White Mountain National Forest as your backdrop. This retreat will offer the perfect immersion into both the outer landscape & the one within. This trip is also a great start for a canoe camping adventure for those new to this method of travel.

We will share in guided meditations, silent meditation walks and gentle yoga as well as solo, paired and group exercises aimed at increasing our awareness and sense of interconnectedness to all that is. We will share in circles utilizing The Work of Byron Katie, a meditation method that unravels our stressful thoughts, resulting in more freedom and joy.

Meet at Nurture Through Nature's Eco-Retreat Center in Denmark for an evening circle to transition into your journey. Spend your first night in a solar-powered eco-cabin. Enjoy a hearty breakfast and off we go to our put-in location a short drive from the retreat center. We will paddle our way back to Denmark, taking our time along the way to take in the silence and experience enriching programming along the shores of this picturesque waterway in fall foliage colors. We will spend the final retreat evening back at NTN's eco-retreat center.

Package Price: \$750 per person. Included in price: First and last night shared cabin stay, meals starting with breakfast on Thursday and ending with breakfast on Monday, paddling and camping gear, programming and materials. Companion discount \$50 each.
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