

Relationship Retreats

At Nurture Through Nature's Green Retreat Center
Denmark, Maine

Loving What Is and What Isn't
*through Yoga, Meditation, Nature and The Work of Byron
Katie*

***24 transformative hours
expanding relationship peace & tranquility***

Saturday, Nov 7, 11am through Sunday, Nov 8, 11am, 2009
Saturday, April 10, 11am through Sunday, April 11, 11am, 2010
Saturday, Oct 23, 11am through Sunday, Oct 24, 11am, 2010
Saturday, Nov 13, 11am through Sunday, Nov 14, 11am, 2010
Saturday, Dec 4, 11am through Sunday Dec 5, 11am, 2010

Learn simple and powerful ways to clear the mind and move from fear to freedom, from anger to joy, and from confusion to clarity. Anyone with an open mind can transform painful relationships, be it with mother, father, child, sibling, boss, co-worker, ex, neighbor, current partner/spouse, or the most important relationship, the one with yourself.

You will have the opportunity to:

experience gentle yoga as a meditation in motion

explore your inner and outer landscape on a guided meditation nature's walk along a spring-fed mountain brook

experience the opposite of your stressful thinking around relationships through The Work of Byron Katie

learn how to facilitate yourself & others using The Work's four questions & turnarounds

take home powerful tools and practices that foster clarity, creativity and peace

Retreat includes: Shared eco-cabin stay (each cabin sleeps 4), programming, tea and light refreshments. Cost \$120 per person. Bring a friend/loved one and both take \$10 off. Participants are invited to bring a healthy vegetarian dish to share for Saturday night pot luck. Saturday lunch and Sunday breakfast is on your own. Simple cooking amenities are available in your cabin. For an additional \$35 per person, you may extend your cabin stay on Friday or Sunday evening.

Each retreat is an independent offering and you may sign up for multiple retreats to travel deeper in your realizations.

To register: Send full payment to: Nurture Through Nature, 77 Warren Rd, Denmark, Maine, 04022. Upon receipt, you will receive confirmation packet with complete details.

About the Retreat Center: In 2007, Nurture Through Nature green retreat center received state & federal recognition as a green lodging facility. NTN is committed to respecting the earth's

resources & beauty through the use of solar- powered electricity, extensive composting and recycling efforts, use of renewable heating sources and earth-friendly cleaning products. At NTN you experience a green retreat and a simpler way of living.

Your Facilitator: Jen Deraspe, MS, is an Institute for The Work Certified Facilitator of The Work of Byron Katie and uses The Work to undo her own stressful beliefs. She offers this tool to clients and on retreats through Nurture Through Nature, her green retreat center in Denmark, Maine. For more info, go to HYPERLINK "http://www.ntnretreats.com" www.ntnretreats.com or HYPERLINK "http://www.thework.com" www.thework.com. Or call at 207.452.2929