

NURTURE THROUGH NATURE'S ~Women's Holistic Wilderness Living Canoe Camping Retreat~

Penobscot River, Lobster Lake and Chesuncook Lake, North Maine Woods
August 1-7, 2010



REJUVENATE,
REFLECT, LEARN
AND LAUGH IN
THE COMPANY OF
WOMEN. ALLOW
THIS WEEK LONG
RIVER AND LAKE
PADDLING
JOURNEY BRING
YOU HOME TO
YOUR HEART
AND AT ONE
WITH YOUR
PRISTINE
SURROUNDINGS.

EXPERIENCE THE
TRANSFORMATION
POSSIBLE AFTER 7 DAYS
IN MAINE'S
WILDERNESS,
CONNECTING TO THE
EARTH'S RHYTHM AND
YOUR OWN NATURAL
RHYTHM.



- 🧘 **Yoga to open, balance and release tension**
- 🧘 **Practicing traditional wilderness living skills**
- 🧘 **Using wild plant medicine**
- 🧘 **Making cordage from natural fibers**
- 🧘 **Making your own cedar bowl**
- 🧘 **Guided meditation circles**



Package Price: \$950 includes all camping and canoeing equipment, land use fees, and wholesome meals (organic and local when possible) beginning with lunch on day 1 & ending with lunch on the take out day. **To make your reservation**, send nonrefundable \$200 deposit to: Nurture Through Nature, 77 Warren Rd, Denmark, ME, 04022. Companion discount---both take \$50 off!

FMI: www.ntnretreats.com, 207-452-2929