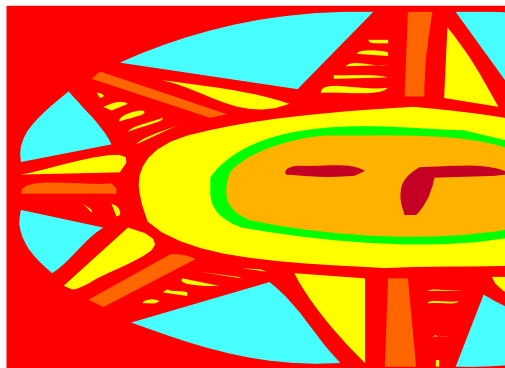


Summer Solstice Holistic Retreat for Women~



Nurture Your Soul with Nurture Through Nature



June 18, 7:00pm~June 20, 2:00 pm, 2010

Denmark, Maine

The essence of who you are is beneath the trappings of the busy mind. Come find the doorway to your True Nature found only in the present moment. This retreat will create safe haven & layers of opportunity to go within, bringing peace & balance to your daily life experience.

Tools and experiences shared will include:

- Ⓞ Daily Yoga & Guided Meditation
- Ⓞ Wood-fired Sauna sweat
- Ⓞ 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 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, www.thework.com, or call 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 and 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: \$350 per person. Fee includes 2 night's shared cabin stay, meals on Saturday and Sunday (organic and local when possible), a 30 minutes massage therapy session and all programming.

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.