

Spring Cleaning your Body, Mind and Spirit through Ayurveda, Yoga, Meditation and Nature

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

6pm, Friday, April 23 through 2pm Sunday, April 25

***Come step on your path to a
healthier and more vibrant you.***

Performing a cleanse at the break in the season facilitates coming into balance and experiencing better total health. On this retreat you will experience, first hand, how to live a healthier, simpler life with more ease and flow. In addition, we will prepare you to experience an Ayurvedic Cleanse in the comfort of your own home following the retreat.

Come experience:

Ayurvedic Cleansing *how-to's and why's* for a spring cleanse

Cooking class and meal planning for cleanse

Daily gentle Yoga instruction

Guided Meditations

The Work of Byron Katie to undo stress around body, health, and towards what mental blocks keep you from better self-care

Solo, reflective time in nature

Follow-up support for you to experience your own cleanse in the comfort of your home

Your Facilitators: Nancy Tripp, LMT is a graduate of Kripalu School of Ayurveda. She is a certified Ayurvedic Consultant and has maintained a massage therapy practice for the last 19 years in Conway, NH and Bridgton Me. Nancy has been instructing in massage therapy for 17 years at The New Hampshire Institute for Therapeutic Arts. FMI about the cleanse, call Nancy at: 207-452-2709

Jen Deraspe, MS, is a certified Hatha Yoga Instructor and an Institute for The Work Certified Facilitator of The Work of Byron Katie. She uses The Work to undo her own stressful beliefs. Owner of Nurture Through Nature, Jen has been leading holistic retreats for 12 years.

What's Included: Meals beginning with Friday dinner and ending with Sunday lunch, accommodations in a shared eco-cabin, handouts and f/u consultation.

Fee: \$350 To register: Send nonrefundable \$100 dep to Nurture Through Nature, 77 Warren Rd, Denmark, ME, 04022. For an additional cost, you may book a healing body work session ranging from \$20-\$75. Upon registration, you will be sent complete details and options.

FMI visit: HYPERLINK "<http://www.ntnretreats.com>" www.ntnretreats.com or HYPERLINK "<http://www.thework.com>" www.thework.com or call (207)452-2929.