

**Summer Solstice Holistic Retreat for Women~
Move into your True Light & Honor a New Season in Your Life
Nurture Your Soul with Nurture Through Nature**

June 19, 7:00pm –June 21, 2:00 pm, 2009

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 in the present moment. This retreat will create safe haven & layers of opportunity to go within, bringing peace & balance to your daily life experience. Retreat in a deepening connection with your True Self and with the Living Earth, in the company of women.

Through The Work of Byron Katie, mindfulness practices, guided meditations, and silent nature walks, experience the stillness your spirit is calling for. Share in a sacred fire circle with song. Experience healing body work through Therapeutic Massage. Connect with nature through greater awareness in a pristine wooded forest and magical mountain brook on Nurture Through Nature's retreat land located on Pleasant Mountain in Denmark, Maine.

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. 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.

Jen Deraspe: Owner of Nurture Through Nature, Jen has been facilitating holistic retreats for women through weekend workshops and holistic canoe trips since 1999. Jen is an Institute for The Work trained Facilitator of The Work of Byron Katie and is founder and owner of Nurture Through Nature, providing mind~body~spirit retreats at her green retreat center in Denmark, Maine for the past 10 years. For more info, go to www.ntnretreats.com or www.thework.com. Or call at 207.452.2929.

Lynn Deeves: 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

Cost: \$350 per person. Fee includes 2 night's shared cabin stay, 5 wholesome meals (organic and local when possible), 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. FMI: Contact Jen at 207.452.2929, email at ntnretreat@yahoo.com or go to the website at www.ntnretreats.com .
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