

Nurture Through Nature's
~Women's Holistic New Moon Wilderness Living Canoe Camping Retreat~
Penobscot River, Lobster Lake and Chesuncook Lake, North Maine Woods
August 16-22, 2009



Rejuvenate, reflect, learn and laugh in the company of women. This 7 day river and lake paddling journey provides a unique opportunity to remember your true nature, that of peace and joy. Allow our artfully woven programming bring you home to your heart and at one with your pristine surroundings. The pace will be mindful, allowing us to enjoy the spacious beauty and meditative qualities that paddling brings. We will meld into our surroundings, traveling gently and promoting a caretaker philosophy in all of our wanderings.

We will travel along the ancient waterways of the Northern Forest Canoe Trail where the Penobscot Indian Nation thrived and guided Henry David Thoreau along his adventures in the Maine Woods. Lobster Lake is truly a magical place with white sand beaches, intense granite cliffs and dense forest surrounding this remote deep water lake. Mountain profiles and bountiful wildlife mesmerize. The West Branch of the Penobscot River is a flat water Class I river section and is one of the most scenic in New England with little sign of civilization. As the moon wanes to New, you will witness the most amazing night sky. Come observe the Milky Way after a spectacular sunset. Experience the transformation possible after 7 days in Northern Maine's wilderness, connecting to the earth's rhythm and your own natural rhythm.

We offer a gentle mix of holistic programming lay-over days aimed to help everyone to fully enter the present moment:

- ❖ Daily guided meditation circles for connecting with your Being-ness
- ❖ Yoga to open, balance and release tension
- ❖ The Work of Byron Katie to clear the mind of distractions and stress
- ❖ Traditional wilderness living skills
- ❖ Using wild plant medicine
- ❖ Making cordage from natural fibers
- ❖ Making your own cedar bowl using fire and stone as your main tools

Package Price: \$950 includes all camping and canoeing equipment, land use fees, permits and meals beginning with lunch on day one and ending with lunch on the take out day. Does not include first or last night's stay in Maine. Group meets in Millinocket on Aug 15 and stay together at the <http://www.appalachiantrailodge.com/index.php>. Ridesharing will be arranged. Allow for one travel day both before and after the retreat. To make your reservation, send nonrefundable \$200 deposit to: Nurture Through Nature, 77 Warren Rd, Denmark, ME, 04022. Companion discount---both take \$50 off!

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