



Join Nurture Through Nature for  
**Women's Winter Weekend Retreat ~**

**Feb 6 -8, 2009**



**Denmark, Maine**

Nestle into our peaceful eco-retreat center on Pleasant Mountain, sharing in reflective retreat for women. During this retreat, you will have the opportunity to explore the natural world on gently paced guided snow shoe excursions, guided meditations circles, and to bring in more peace and clarity through The Work of Byron Katie. This is an opportunity for women to come together in a nurturing circle, together finding our way to a more peaceful internal life.

NTN teams up with the lovely innkeepers Rick and Julie at The Noble House Bed and Breakfast, in Bridgton, 11 miles from our retreat center. Stay in an elegant inn by night and retreat with NTN by day. A perfect winter-time marriage!

**Retreat Fee: \$250** Includes programming, use of day facilities, 2 lunches, Saturday dinner, snacks & refreshments throughout weekend, and use of snowshoes as available. No experience in necessary. Fee does not include accommodations. Contact the Noble House B&B directly, for your Bed and Breakfast stay. For more information on the Noble House B&B, go to [www.noblehousebb.com](http://www.noblehousebb.com). Mention this retreat when you book your double occupancy room for your 25% discount @ 1-888-237-4880 or 207-647-3733 or email at [innkeepers@noblehousebb.com](mailto:innkeepers@noblehousebb.com).

Check in after 3pm on Friday and plan to meet for dinner on your own with the group in town Bridgton. Opening circle will be at the Noble House at 7:00pm. Closing circle will be at 3pm on Sunday.

For More Information:  
Nurture Through Nature ~  
providing holistic retreats for women since 1999  
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