

Women's

Open & Rejuvenate Your
Body, Mind & Spirit

Day of Opening

REJUVENATION

In this one day, five-workshop women's retreat you will gain tools that can help you keep your body, mind and spirit healthy, happy and strong in order to face day-to-day challenges with strength and inner peace. In today's arena of financial concern, we take little time for ourselves. This is your opportunity to gain skills while pampering yourself, meeting new friends, and having a great time!

Belly Dance & Stretch

with Judy Louise Johnson

A woman's glow is powerful and magnetic, but most of the time we just feel burned out. Reignite your glow and your body in a whole new way of moving and being. Delight in your own unique physical vessel. You are the perfect beautiful female, right now in this moment. Come, rediscover your sacred sexy creature or find her for the first time.

Paths to Connection

with Kaye Porter

Intimacy stops when communication does, but that doesn't mean it has to die. Explore how to reopen the paths to intimacy, and create deeper, lasting connections in your life. Here, you'll learn tools that will uncover your partner's deepest feelings in a way that brings closeness as well as help prevent the destructive nature of the abandonment/shame cycle.

Vibrational Music Experience

with Aedan MacDonnell

Music is a powerful tool that can assist you healing your physical, emotional and mental bodies. It can be used for relaxation, stress and pain reduction, and emotional release. Besides listening, experiencing and experimenting with music, the fun part is you'll have the opportunity to pluck harp strings yourself while learning. No musical knowledge or ability is required.

Reading Tea Leaves

with Gail Thackray

Learn what the future holds for you while enjoying a traditional English tea luncheon. Gail will teach you the ancient art of tea leaf reading (or coffee grounds for those that don't like tea) for yourself and others. She will then read each person's tea leaves.

Rejuvenate * Relax * Lean * Grow * Meet

More Info:

www.HarpMuse.com/events

Questions?

FREE Conference Call

(712) 429-0690

PIN #621240

July 6, 6:30-7pm

August 7, 2010

10 a.m.—4 p.m.

Place: Indian Springs Ranch

14300 Little Tujunga Rd

Sylmar, CA 91342

Price: \$75 by July 15

\$90 after July 15 and by July 31

\$100 after July 31 or at the door.

Lunch Included

Menu posted on

www.HarpMuse.com/events