

Rhythm For Your Soul

dance practice of the soul

FALL WEEKEND RETREAT

"When you discover the power and the energy that resides within you, it is like coming home. Chakradance is a form of nourishment for your true self, for your soul. Chakradance will free the energy in your body and open you to a deeper experience of life."

Natalie Southgate



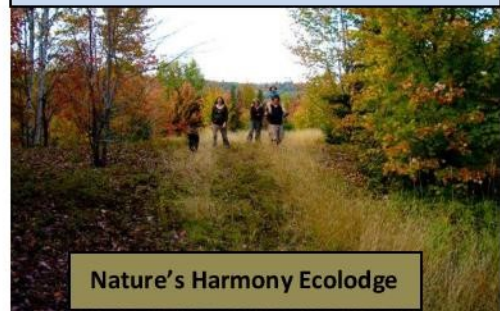
Ready for deep inner transformation work of the 7 major chakras?

- ◆ Take time away to relax and release through moving meditation.
- ◆ Grow to the fullest version of yourself
- ◆ Transform challenges into gifts
- ◆ Expand your sense of self
- ◆ Discover greater harmony between your inner and outer self
- ◆ Connect with nature

This weekend, approach wellness through the awakening and integration of the chakra system using free-flowing movements to particular frequencies of sound.

- when:** October 13-15, 2017
- where:** Nature's Harmony Ecolodge
574 Snake Creek Road
Mattawa, Ontario
- cost:** \$465* per person
- *cost includes meals and 2 night accommodations
(meal choices: regular, vegetarian or gluten-free)

Enjoy Fall in Northern Ontario

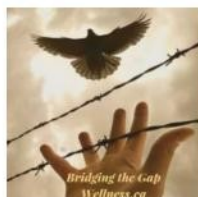


Nature's Harmony Ecolodge

Registration and payment in full due by: **October 6, 2017**

To reserve your spot, register online: form.jotform.ca/72181363644254

www.bridgingthegapwellness.ca



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