

# Rhythm For Your Soul

dance practice of the soul

## FALL WEEKEND RETREAT

### October 13-15, 2017



We are honoured to have access to such a beautiful space, like Nature's Harmony Ecologde to make a commitment to your own health and well-being by living your life with vibrancy and presence.



#### Friday

- Arrival and settling in
- Dinner
- Opening meditation
- Introduction
- Body Wisdom
- Closing meditation

#### Saturday

- Breakfast
- Opening meditation
- Check in
- Chanting
- Grounding
- Lunch
- Power Animal
- Crown Chakra
- Third Eye Chakra
- Throat Chakra
- Closing meditation
- Dinner

#### Sunday

- Breakfast
- Opening meditation
- Heart Chakra
- Solar Plexus Chakra
- Sacral Chakra
- Base Chakra
- Lunch
- Integration
- Final Meditation
- Departure



**REGISTER** online by  
**October 6, 2017**

[jotform.com/build/72181363644254](http://jotform.com/build/72181363644254)  
Accommodations and meals included

[www.bridgingthegapwellness.ca](http://www.bridgingthegapwellness.ca)



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