



RETREAT.....

Take a weekend for your SELF.

**Stop your day-to-day world just for a couple of days,
breathe deeply.... relax and...**

Be with nature...

Access your inner silence...

Connect with your self.... and with others.

Friday Nov. 25 - Sunday Nov. 27

**Join James Burn and Cindy Stone and about 10 other
participants for a weekend in a simple, beautiful retreat.**

- Meditations & Deep Breathing
- Inner Connection
- Energy work
- Nature walks
- Peaceful reflection
- Explorations of ideas for vibrant and engaged living
- Readings and Poetry

Kins Retreat, Kearney, Ontario 2.5 hours north of Toronto.

\$250.00 plus GST

Bring food to share (we will coordinate food and cooking). Please bring linens and towels.

REGISTER NOW! For more information Call Cindy 416-693-1030