

NEW YEARS *Retreat* open the gateway to 2016

A YOGA, MEDITATION & EXPRESSIVE ARTS RETREAT

**Hosted by Liz Diaz, Ayrлие MacEachern
& Guest Facilitator Darren Austin Hall**



THURSDAY, DECEMBER 31, 2015 • TO SUNDAY, JANUARY 3, 2016
AT SUGAR RIDGE RETREAT CENTRE

Take a deep breath and land in a sacred container to release 2015. Together we will restore, envision and celebrate into 2016. During our time you are invited to connect to yourself through meditation, yoga, art, dance, and crystal bowl sound healing. We will immerse in the peaceful beauty of nature while enjoying nourishing whole foods and soul nurturing activities. Allow your heart open and let the magic within you arise.

Birth your visions and dreams as we Open the Gateway to 2016. No experience necessary and everything over the weekend is optional. If you need to rest, we encourage you do. If massage or reiki is the healing you need, we will book a session for you. Allow this weekend to be the kindest gift to yourself.

Love Liz, Ayrлие & Darren

WHAT'S INCLUDED:

- 3 nights accommodations
- 8 delicious hearty vegan meals
- 6 facilitated workshops

COST:

\$495 Early Bird Now until Dec 14th
\$525 Regular Price

Ask about our bring a friend special, you could each get \$50 off the retreat price. (payment plans & bursaries available)

For more info on the retreat, please email: bigheartdancecamp@gmail.com or
info@consciousdance.ca or visit www.ayrлие.ca & www.consciousdance.ca