

GRATITUDE RETREAT

"If the only prayer you said in your whole life was thank you, that would suffice."

Meister Eckhart



transform your life through gratitude

Saturday, March 3, 2012

9:00	arrival and greetings	1:30	nature walk – thanking creation
9:30	yoga – being thankful for our bodies	3:00	reconvene
10:15	the science of gratitude - meditation	3:15	gratitude meditation
11:15	gratitude journaling by the river	4:00	sharing of gratitude stones
12:00	nutritious vegetarian lunch	5:00	blessings and departure

Renewal Retreat 85185 Marnoch Line, Belgrave, Ontario NOG 1EO

519-357-1914 email: relax@renewalretreat.com www.renewalretreat.com

- What to bring:** Comfortable clothing for yoga and meditation, yoga mat
Walking boots, journal/writing paper, pen/pencil, water bottle
- Cost:** \$150 Day Retreat, includes vegetarian lunch (9 am - 5 pm)
\$250 Day Retreat & Overnight Stay: includes vegetarian lunch, vegetarian dinner, overnight accommodation in log retreat, healthy breakfast,
Use of outdoor hot tub, outdoor fire-pit, kayaks, grounds
- Register:** Space is limited, so please register early by calling or emailing