**Inner Peace ~ Inner Joy Retreat**

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 **Saturday, March 12, 2016 (9:00 am – 5:00 pm) in the comfort and peace of Renewal Retreat 85185 Marnoch Line Belgrave Ontario N0G 1E0**

**This retreat is for those who wish to foster inner peace and inner joy be soothed by nature’s beauty cultivate healthy, loving relationships with self, others and the world through the practice of balancing mind, body and spirit**

*“Waking up this morning I smile, Twenty-four new hours are before me I vow to live fully in each moment and to look at all beings with eyes of compassion.”*  ***Thich Nhat Hanh***

**The day will include: Mindfulness Meditations (cultivating non-judgmental awareness) Gentle Hatha Yoga (no yoga experience required) Metta Meditation (cultivating inner happiness) Walking Meditation**

**The retreat will also provide quiet time to enjoy the riverfront grounds, soak in the outdoor hot tub, read with a cup of tea, and simply breathe.**

**Includes: Vegetarian lunch, healthy snacks, herbal teas, fruit infused waters**

**Call or email to register**

**Details below**

**Registration Fee: $150 plus HST = $169.50**

**Register with a friend $125 (plus HST) = $141.25**

**Please address and mail the cheque to: Renewal Retreat 85185 Marnoch Line, Belgrave, Ontario N0G 1E0**

**519-525-5568 relax@renewalretreat.com**