

Elements of the Earth Qigong Retreat

with Donna Oliver & Sheila Furness

Friday, September 11, 2009 to Sunday, September 13, 2009

at Harmony Dawn Retreat Centre on Rice Lake

\$325.00 (+GST) with registration and payment before August 15, 2009

\$350.00 (+GST) with registration and payment after August 15, 2009

The end of summer is a time of gathering and storing up your vital Qi in preparation for the long cold months ahead. We will focus on energy building exercises specifically geared towards strengthening the bodily systems related to this season, along with meditations and chants to build the spirit.

Suitable for beginners or advanced practitioners.

At the beautiful Harmony Dawn Retreat Centre, Chef Nicola Lawrence will create her magic in the kitchen--serving us hearty soups, homemade breads and other delicious vegetarian fare.

During break times, put your feet up by the central fireplace, take an invigorating walk through the woods, or just treat yourself to a well deserved nap to nurture your well-being.

To register, call 416-465-6122 or email us at:

donna@powerofbalance.com

sheila@powerofbalance.com

A beautiful off-grid centre located 90 minutes northeast of Toronto in Northumberland County. Unique in its vision and design, it was constructed to inspire harmony, balance and transformation.

Harmony Dawn is an ideal retreat for those seeking to escape urban stress, pollution and noise, and to do inner, regenerative and transformational work. Harmony Dawn and its innovative spa cuisine have drawn rave reviews from a diverse variety of client groups.

Harmony Dawn Retreat Centre is located 25 minutes north of Cobourg and is situated on the shores of beautiful Rice Lake.

www.harmonydawnontarioretreat.com

