

Spring Retreat



Unfolding-

To Open - Remove Layers - Make Known

Silent mornings, yoga, reflection, journaling prompts, solo time, sacred circle work, an intuitive process that lets you naturally unfold

When: Thursday, June 1st, 6:00 PM – Sunday, Brunch June 4th

Guide: Nancy Hill, devotee of creative spirit, author of *Unfolding*

Guide: Lisa Sparagna, Meditation Teacher

Where: Retreat House Saugatuck, Michigan

Cost: \$695 — deposit \$250 Balance due by 5/15 Includes workshop, yoga, most meals, lodging

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Renew your energy

Deepen your spiritual journey

Boldly express who you are