

The Power of Letting Go Autumn Qigong Retreat

With Donna Oliver and Sheila Furness

Autumn is the time nature teaches us to let go... as the trees let go their leaves, we too must learn to release that which is no longer useful to our growth.

Explore Qigong techniques of movement, sound, meditation and writing to release the emotional and physical traumas that bind us.



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 treat yourself to a well deserved nap to nurture your well-being.

Friday, October 29, 2010
to Sunday, October 31, 2010

\$325.00* (plus HST)

To register, call **416-465-6122** or email us at **donna@powerofbalance.com**, or **sheila@powerofbalance.com**

*To qualify for the above pricing, registration along with payment must be received by August 15th, 2010. Registration thereafter will be \$350.00 plus HST