

Grounding Energies: Renewing Yourself Through Nature

Saturday, July 21, 9:00am-3:00pm

Open yourself to a lived, loving connection with the Divine and nature during this special contemplative retreat where you can recharge, reflect and explore your inner-wisdom as it relates to the natural world around us.

We will spend part of the day outside for a walking meditation where we will begin to renew our connection to Mother Earth and her beautiful life offerings. As we walk along the Peace Path, we will gather natural materials to use in creating a personal 'nature loom', a living symbol of our intention to weave together the fabric of life and community. You will personalize your loom with your own spiritual symbols in the form of trinkets, yarn, etc., that you will bring with you to the retreat.

This day offers a gentle pace that weaves moments of solitude with times in community of others, both outdoors and indoors. To help quiet our minds throughout the day, restorative Yin Yoga sessions will be held outdoors in both the morning and afternoon to allow for relaxation and to reconnect with the breath of both our body and spirit.

During the day, you can also enjoy other amenities including our Chapel, Meditation Room and other shared quiet spaces. Massage or healing touch sessions will be also be available for an additional fee on the day of the retreat.

Included in the registration fee is a box lunch, loom frame, art supplies and yoga, as well as an option for a private quiet room (8 rooms available), if requested.

 **\$125 Early Registration through July 6.** (After 7/6, registration is \$145.)

** Healing Touch is a relaxing, nurturing, heart-centered therapy which works with your energy field to support your body's own ability to heal. It uses light touch, or near body touch, to clear, balance, energize, and support your own energy system to promote healing for your whole being: mind, body, spirit.*

About the facilitators...

Sharon Devo is on staff at Tau Center as Program Specialist, Retreat Leader and Program Facilitator. With a nearly 30 year meditation practice, rooted in desert spirituality and eastern traditions, she creates space in her life for solitude and silence daily. In addition to meditation, Sharon relies on extended time in nature, yin yoga and creative work in her home studio, as the foundation for ongoing spiritual exploration and life balance. Training as a Co-Active Coach, SoulCollage® and Open Studio Process facilitator, she completed the Spiritual Deepening for Global Transformation Certificate at Christine Center in 2010.

Christine Kroon is a RTY 200 Registered Yoga Teacher with a special certification in Yoga to Transform Trauma since 2016. She also practices Zen Meditation with the Empty Circle Zen Group of NWI led by Senior Dharma Teacher Jerry Ashmore which she incorporates into her Yoga teachings.



PROGRAM FACILITATORS



Sharon Devo



Christine Kroon