

Make peace with your body and be nurtured by nature.

Purpose

To make peace with our bodies, experience unconditional love & acceptance of ourselves and from that place, move into a new paradigm of living where life is lived powerfully, confidently and joyously.

Retreat Objectives

- Make peace with our bodies
- Release the past
- Reconnect to nature
- Experience clarity about the mind/body connection
- Experience absolute love for ourselves and others
- Increase our capacity to live in the NOW moment

Retreat Outcomes

Increased ability to live in the present moment. A life which demonstrates poise, confidence, creativity and joy Experience increased vitality, health, harmony and well-being

Activity Outline

Friday, May 30th

4-6 pm	Arrival and check into rooms
6-7 pm	Dinner served
7-10 pm	Completing The Past: All about your Mind
10-10:30 pm	Meditation in Womb Room

Saturday morning, May 31st

7-8 am choices	1. Gentle Yoga w/Sara 2. Guided Meditation w/Kate 3. Nature Walk w/ Darrell
8-9 am	Breakfast
9-12 Noon	Arrival into the NOW: All about your Body

Saturday afternoon, May 31st

12 Noon	Lunch
1-6 pm choices	Free time 1. Do nothing 2. Massage or Reiki (pd sessions) 3. Mini Sessions: 2-4 pm
	Nutrition and Addictions w/Rev. Denise Celebrating the Masculine w/Darrell Jones Reconnecting with Nature w/Sara Connell, RScP

Saturday evening, May 31st

6-7 pm	Dinner
7-10 pm	Presence Projected: All about your Spirit
10-10:30pm	Silent Meditation in Womb Room
10-Bedtime	Drumming and singing

Sunday, June 1st

7-8 am choices	1. Gentle Yoga w/Sara 2. Guided Meditation w/Kate 3. Nature Walk w/Darrell
8 am	Breakfast and checkout
9-11 am	A Celebration of your Wholeness

Register TODAY!

**@ the Registration Table
or call 773.248.5683**

www.chicagocsl.org



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spiritual living

reveal love honor all paths celebrate life