

Healing & Harmony with the Cycles of Nature

AUTUMN WEEKEND RETREAT

& Seasonal Cleanse

Sept. 7th—Sept. 9th (Fri. 7pm—Sun. 1pm)



Join us as we delve
into rituals that
CLEANSE,
SUPPORT & SUSTAIN
us as we transition into Autumn.

\$150-\$250 per person
Includes workshops, yoga,
meals & lodging

Bridge Between The Worlds
Healing Retreat Center in Keswick, VA

ENJOY:

- * Healing & Rejuvenative Foods,
Juices and Smoothies
- * Yoga & Meditation
- * Infra-red Sauna
- * Hot Tub under the stars
- * Nature Walks & Fire Circles

Massage, Transformational Healing, Acutonics,
Nutritional Consults and other modalities
available for an additional fee.

PRE-REGISTRATION REQUIRED BY 8/24.

For more information and to register:
Maggie McIlvaine 434-293-9708
Dawn Story 540-718-3200