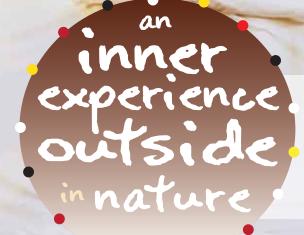
Do you feel like you don't have time to think.

Let's create space to breathe

Does the busy-ness of life sometimes feels like running on a treadmill

Unplug and escape to a simple way of life and RELAX



# exploring our true nature

CREATIVE EXERCISE for BODY, MIND & SPIRIT

With Cheryl Millett and Carolyn Clendenning

Join us for a cozy wintery weekend away from it all. Get in touch with nature, breathe clean fresh pine air while sipping hot cider, meeting new friends and feel the ground beneath our feet.

In addition to some exhilarating outdoor activities, we will have indoor creative teachings to ignite dreams and practical ways of improving life's

relationships of any nature.

February 15-17, 2019 or March 1-3, 2019

Arrive Friday 4-6pm, leave Sunday 1-3pm

### what to expect

A weekend of exploration of the outer woodland landscape with a peak into the internal world of our minds. This weekend is about unplugging from technology, embracing nature and tapping into the creative process coupled with tasty healthy meals and plenty of fun.

#### who is this retreat for?

Anyone who finds life moves too fast and wants the space to contemplate their lives - in nature. Come to a wintery oasis for rejuvenation from the daily stress of modern living and reclaim your peace of mind.

It's an opportunity to experience true community through self discovery, great food and being connected to nature.

#### location + accommodations?

New Earth Estate is a beautiful eco-retreat in West Grey, Ontario dedicated to creating a place to rekindle our connection to nature and build a true sense of community.

You can choose to sleep in a traditional tipi or a room at the main house. All bedding and more is provided.

## early bird + bring a friend

Early Bird Special \$487 per person (communal tipi 4+ people) \$527 per person (shared room at main house)

Bring a Friend Special \$457 each (a saving of \$60)

Always fun with a friend and makes a great gift

Prices increase by \$100 after Feb. 1, 2019



#### contact us

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