

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

winter weekend

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.

Join us on fb: @truenatureretreats.ca

an
inner
experience
outside
in 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 wintry 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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