

Nature and Nurture: BODY & SOUL

A Women's Retreat

June 25-27, 2010



Higgins Lodge, Laurel Ridge Camp Conference & Retreat Center

Enjoy a relaxed weekend, in a natural setting, in the beautiful NC Mountains. Our time together offers opportunity
To explore and accept body image, as well as to nurture the soul.

Optional: massage by a licensed therapist, experienced in the energy of healing.

Relax with old and new friends and your favorite beverage as you refresh mind, body and spirit.

Program possibilities:

- ☉ Exercise, yoga, body movement
- ☉ exploration: dreams, art, journaling
- ☉ breathing techniques & stress reduction
- ☉ guided imagery
- ☉ mindful nature walks

Free time Saturday afternoon: Suggestions

- ☉ cheese factory tour in West Jefferson
- ☉ Read and relax or take a nap
- ☉ Explore Blue Ridge Parkway views & Frescoes
- ☉ horseback riding.
- ☉ Canoe or kayak the New River.

Higgins Lodge overlooks the beautiful Yadkin River Valley. Fee includes lodging & meals, vegetarian options.

Registration is at 4:00 pm Friday & we end with brunch on Sunday. Retreat Fee: double: \$250/single: \$300.

Please complete registration form & remit \$100 non-refundable deposit to

Vicky L McGee, LPA., PO Box 1153, Holly Springs, NC 27540. 919-673-3122 vlmcgee015@yahoo.com

Laurel Ridge is located in Laurel Springs, NC - north of Wilkesboro, south of Sparta and east of Jefferson, NC.

Directions and information can be found at www.laurelridge.org.

Cell phone reception is inconsistent. In case of emergency, the phone number at Higgins Lodge is 336-359-8238.

REGISTRATION form

NAME: _____

Retreat Fee: **Non refundable deposit: \$100.00**

ADDRESS: _____

Due by May 25, 2010 – 10 spaces available

_____ Double \$250.00

PHONE: _____

_____ Single \$300.00

EMAIL: _____

Amount Enclosed

Emergency contact:; Name and phone number.

Full Fee due by June 15, 2010
