

Escape the ordinary and treat yourself to a cheerful, interactive, creative, loving (re)discovery of who your soul is yearning to be, and set yourself free!

Join us in the

"LOVING the hell out of yourself"

Retreat offered at the beautiful, serene Spirit Fire Retreat Center in Leyden, Massachusetts

Retreats are an opportunity to step out of the routines of our daily life, and into a rejuvenating rhythm of rest, relaxation, play, creativity and self-discovery. Treat yourself to this gift as we welcome Spring and start anew!

Presented by Angela Marschall: Empowerment Coach, Spiritual Counselor, (ITA)Energy Medicine Practitioner, RN, owner of Angela Marschall, Inc. (formerly Cascading Joy Wellness)

Retreat Organizer: Laura Spillane- Shoreham Spirits, Ltd.

Massage Therapist: Janet Mulhall- Atlantis Health Network

Date: March 22nd - 24th, 2019

Location: Spirit Fire Retreat Center

Investment: \$599.00

Includes: Room & Board, Lectures, 30 min Foot-Reflexology or Body Massage

Cancellation Policy: Cancellations must be in writing to ShorehamSpirits@gmail.com. If cancellation is received before 2/22/19 a refund of 50% will be given up to 4 weeks before the event. Four weeks before the event start date no refund will be given due to prepayment requirements of the venue. If there is a waitlist and spot can be filled credit will be given.

RETREAT ITINERARY:

Friday

Meet and greet 3 pm to 5 pm

Dinner: 6 pm - 7:15 pm

Lecture 7:30 pm to 9 pm

"Life Assessment"

Relax and enjoy

Saturday

"Diving In" Meditation 7 am - 7:30 am

Breakfast :7:45 am - 9 am

Interactive Lecture 10 am - 12 noon

Getting in touch....!

Lunch 12:15 pm - 2 pm

Introspective, Creative Movement 3 pm - 5 pm

Finding the missing links...!

Dinner: 6 pm - 7:30 pm

Bonfire 8 pm open-ended

Dance of the Phoenix

Sunday

Relationship Mediation 7 am - 7:30 am

Breakfast: 7:45 am - 9 am

Claiming Boundaries 9:30 am

Short Break

Flight into Freedom - Closing approx. 12 noon

Lunch 12:00 noon

Departure