

*Renew - Reaffirm - Nourish*  
*This Fall, renew your mind, body and spirit at Windhorse Farm*



Join facilitators **Reena Davis** and **Carla Anglehart** on a journey to discover the keys to more joy and balance in your life, and flourish!

Gather with other like-minded women on this weekend getaway to **Renew your Mind and Body, Reaffirm your Purpose, and Nourish your Soul.**

Friday, November 8<sup>th</sup> 3 p.m. – Sunday, November 10<sup>th</sup> 12:00 p.m. at Windhorse Farm

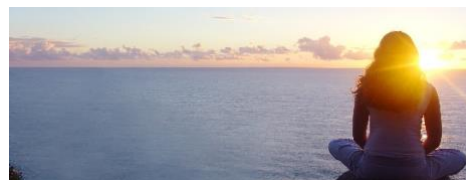
**Fees:** 675.00 plus taxes early bird rate (by September 4<sup>th</sup>); 750.00 plus taxes after Sept. 4<sup>th</sup>  
Fees include all sessions, materials, accommodations for 2 nights, meals and snacks.

***The Location:** While at the retreat, enjoy the Acadian forest that opens one to natural beauty and tranquility seldom experienced anywhere. Let the sounds and silence of nature sink into your bones as you wander the 22 kilometers of forest trails. Enjoy the 26-year-old permaculture garden and orchards along Wentzell Lake. This diverse landscape is a beautiful place to wander and rest in the midst of countless species of other living beings. In the centre of the gardens is a large covered arbor with a gong and central fire pot. This is a wonderful place for conversations among old friends or new acquaintances, and so much more*

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*Renew - Reaffirm - Nourish!*

# The Journey



## Friday, November 8

- 3 p.m. **Arrive** at beautiful Windhorse Farm; Settle into your sanctuary for the weekend and connect with the friends you haven't met yet.
- 4:00 p.m. **Your Wellness** – There are 8 dimensions to personal wellness: Social, Spiritual, Physical, Emotional, Intellectual, Occupational, Environmental and Financial. We'll discuss these and provide you with the time and space to assess where you are in each of these elements, and more importantly, identify what you would like to change so that you can experience more joy and passion for life.
- 5:30 p.m. Free Time
- 6:00 p.m. **Dinner**
- 7:30 p.m. **Candlelight Restorative Yoga** - Wind down from the day with a candlelight yoga class that involves restorative poses lying on the floor to stretch, relax and come to the breath. Thai Yoga Massage will be offered through the class.
- 8:30 p.m. Free Time; Gather around the fire

## Saturday, November 9

- 8:00 a.m. **Morning Yoga** - Take a more energized, but gentle, yoga practice to start your day off invigorated.
- 8:30 a.m. Free Time
- 9:00 a.m. Breakfast
- 10:00 a.m. **Flourishing** - In positive psychology, flourishing is thriving, growth and resilience. Individuals who possess high levels of emotional, psychological and social well-being, flourish. This thought-provoking session will offer insights about how to enhance your well-being and leverage your virtues and signature strengths to so you can truly flourish!
- 12:00 p.m. Lunch
- 1:00 p.m. **Personality Dimensions®** - Personality Dimensions is a tool to help individuals discover their personality type, including their natural talents and motivators, and foster understanding and acceptance of other "types". This session is fun and engaging and supports greater self-awareness and improved communication and relationships at home and at work.
- 4:00 p.m. Free Time
- 6:00 p.m. Dinner
- 7:00 p.m. **Bracelet Making**- Learn to make a bracelet with intention. Your one-of-a-kind bracelet will be made with semiprecious gemstones of your choosing, either through intuition or by therapeutic qualities of the stones themselves.
- 8:30 p.m. Free Time; Gather around the fire

## Sunday, November 10

- 8:30 a.m.      **Walking Meditation** - Take a meditative walk through the beautiful woods of Windhorse Farm.
- 9:30 a.m.      Breakfast
- 10:00 a.m.    **Mindful Self-Compassion** - Learn about mindfulness as a practice to build into your everyday life. Through present-moment awareness, find the self-compassion needed to reduce anxiety and stress. Through that, also find motivation you need to achieve what you want in life. Learn several techniques to shape your home practice.

### Meet your Facilitators:



**Carla Anglehart** is a Leadership and Organizational Development Specialist, facilitator and educator, well known for her sessions on developing resilience, thriving through change, and building high performing teams.



**Reena Davis**, BA Psychology is a licensed Health and Life Coach, Certified Yoga and Mindfulness Instructor as well as a certified Thai Yoga Massage Practitioner.



### To Register:

