

# September 24<sup>th</sup>-26<sup>th</sup>



## 1st Annual Fall Wellness Retreat September 24-26, 2021

### Friday

6:30pm Welcome & Introductions

7:15-8:15pm Journey Dance Movement

8:30pm Campfire Stories & Drumming  
(weather permitting)

### Saturday

8:00-9:00am breakfast

9:30-10:30am Poetry & Presence

11:00-12:00pm Yoga

12:30-1:15pm Lunch

2:00- 3:00pm Qi -Gong

3:45-4:45pm Sound Healing

5:45-6:30pm Dinner

6:30-7:30pm Free Time

7:30pm Campfire Stories & Drumming  
(will be held inside if bad weather)

### Sunday

9am Closing Messages & Sharing

10am Yoga



We need a minimum of 15 participants by September 1<sup>st</sup> and a maximum of 30. **The retreat fee is \$250 and includes:** use of amenities (boats, saunas, etc., all amenities on site) and three meals on Saturday. **What is not included:** Friday night or Sunday morning meals & lodging. For those needing lodging there are hotel rooms available on site and other local lodging facilities in the area.

Highland Lake Resort  
115 N. High Street Bridgton, ME 04009  
(207) 647-5301 [info@highlandlakeresort.com](mailto:info@highlandlakeresort.com)  
[www.highlandlakeresort.com](http://www.highlandlakeresort.com)




Marinate in the beauty of Highland Lake while experiencing stillness, movement and music with seasoned practitioners in the healing arts.

*Indulge yourself in a weekend of body, mind, and soul nourishment.*



*This lakeside haven awaits you*



*We invite you to join us for a weekend of gentle mind, body, and soul nourishment. This is a weekend to tenderly care for the parts of you that are weary from the challenges of life.*

### **What to expect...**

The presenters are kindhearted, down to earth and loving humans who have found healing arts practices that have helped them & others. They come to share their experience, strength, and hope with all of you as you forge your own path of wellness. There will be times for reflection, stillness, movement, and yummy food!

No experience is necessary for this retreat. Just an open mind, and heart. And please set your judgements aside.

Let's face it, life is challenging. When we're calmer, more peaceful & grounded we make better choices. We are then able to see things more clearly, with more hope & optimism & less fear & despair. This transformation not only helps ourselves but our family, friends, colleagues & communities. We invite you to cultivate a deeper sense of peace & wellbeing for yourself and the world.



## **YOGA**

**ROSE HEGGEMEN**

Trained in Vinyasa and Kundalini Yoga, Rose will guide you through a gentle to moderate vinyasa fusion yoga flow designed to clear the clutter from your mind and open your heart space revealing deeper awareness. Through movement, breath practices and meditation we will peel back the layers of tension and conditioning to allow space and time for manifestation. FMI: [Nectarofmaine.com](http://Nectarofmaine.com)

## **CAMPFIRE DRUMMING**

**TOM WILKINS**

As a counselor at Colby-Sawyer College, Tom has incorporated the use of rituals to help students cultivate a deeper sense of wellbeing during their tumultuous college years. Tom has immersed himself in the study and practice of aboriginal spiritual traditions for over three decades. Join him in listening to stories & songs, making prayer flags while sitting around a community drum and learning how these sacred traditions have helped guide and sustain him.



## **POETRY, PRESENCE & PRAYER**

**MARGEURITE STAPLETON**

Margeurite completed graduate studies in theology and ministry at Boston College and Villanova University. This former Vice-President of Mission Effectiveness at St. Mary's Hospital in Lewiston, ME has decades of experience facilitating retreats, workshops, end of life ceremonies & weddings. Marguerite brings depth, love and presence to those she encounters.

FMI: [wisdomworksmaine.com](http://wisdomworksmaine.com)

## **SOUND BATHING**

**MARCI STARR**

Indulge your ears, minds & hearts in this deeply soothing crystal bowl sound bath. Some have called her music "a massage for all the cells of the body". Her vibration is as lovely as her music. FMI & to listen: Visit "The Singing Bowl" (Cornish, ME) Facebook Page



## **QI GONG**

**JEN DERASPE**

As founder of Nurture Through Nature Retreat Center, this talented earth angel has a diverse background. As a former college professor, Maine Guide, carpenter, Byron Katie Facilitator, Yoga instructor, Plumb Village trained: mindfulness instructor, and entrepreneur, her decades of wisdom enhance all her endeavors. FMI: [ntnretreats.com](http://ntnretreats.com)

## **RA'DANZA**

**LISA HOLCOMB**

Lisa Holcomb, M.Ed. is the creator of Ra'Danza! dance workshop series; she is a JourneyDance(tm) Facilitator at the Omega Institute; and 5Rhythms® set player for Portland Community Dance. Lisa also instructs as an Advanced Reiki Master Teacher and has years of guiding outdoor wilderness excursions in the White Mountains. Friday evening participants will enjoy music and movement that will get them out of their minds and into a deeper, grounded connection with their bodies and blissful Spiritual essence. FMI: [wanderthewhites.com](http://wanderthewhites.com)

