



Harmony Hill Retreat Center

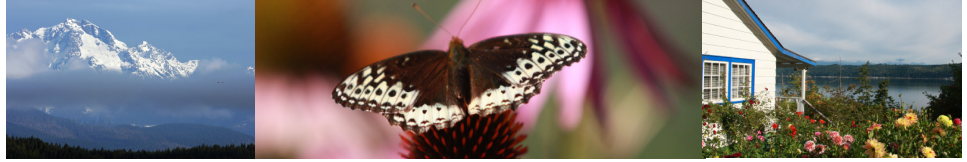
Lifestyle Change For Women

Five-Day Renewal Retreat - An Exploration of Feeling Well

With Cathy Rogers, N.D.

“Most of us know we would benefit from lifestyle changes; we even know what needs changing. To choose new behaviors we need an embodied sense of how daily practices of mindbody renewal and self-care in a spirit of lovingkindness would FEEL. This powerful retreat offers that.”

- Dr. Rogers



August 16-20, 2010 (Begins 4:00pm Mon - 2:00pm Fri)

If you're like most women, keeping up with the demanding pace of our lives means that self care often goes to the bottom of a long "to do" list. Not taking time for rest and renewal can lead to fatigue, physical symptoms, and jagged rhythms of high activation and disintegration, leaving us less than able to cope with everyday challenges. There is good evidence that eating to quiet inflammation and practicing simple cleansing routines can restore energy, calm the mind and address many chronic complaints.

In the summertime splendor of Harmony Hill and with the guidance, expertise and support of Dr. Cathy Rogers and her skilled team, you eat fresh, delicious, seasonal foods to cleanse the body and quench inflammation. Daily movement/ meditation sessions quiet the heart and energize the body. And time for reflection, play, and rest refreshes your spirit. Group sessions create a structure to support each participant to share her experience, expand resilience through body-based awareness, and integrate new ways of wellness.

Dr. Rogers and her team will guide you through spa-style cleansing routines you can also use at home. In a community of women you practice simple, nourishing rituals of self care: dry skin brushing, contrast foot baths and showers, salts and herb baths or steams, and time in Nature.

Consider this program the ultimate gift to yourself – the beginning of your journey toward personal wellness and vitality. Summer is one of the most beautiful seasons on the Hill, and also the perfect time to begin a process to create a sense of deep relaxation, empowerment and inner freedom -- and have fun doing it!

Space is limited to 15 women to allow enough time and resources for everyone to participate fully. Please contact us at 360-898-2363 or email us at info@harmonyhill.org for more information!

Guest quotes two months after participating in the program:

“It isn't a science but more of an art for me; . . . being in touch with how I feel and making connections to things I am doing, eating, or thinking. . . . There seems to be an ease with life that I haven't experienced in a long time.”
- Susan A.

“We ate right, we listened with our left brain, we did movement and art with our right brain, and the integration of it all happened . . . when we turned off our brain and the water treatments did the healing. It was like a baptism – no big production, just shifts in consciousness.”
- Kathleen B.

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Who Should Attend: Women who are interested in exploring different ways to enhance their health and wellbeing

TUITION:

All inclusive tuition: 1350.00*

Program tuition includes:

- **Physician Supervised lifestyle program**
- **4 nights lodging in private room onsite**
- **All meals (fresh, seasonal menus)**
- **Selected spa services**

*Although we strongly encourage everyone to stay at Harmony Hill to maximize the cleansing and relaxation experience, for those who have sleeping accommodations nearby, \$240 can be deducted from this price. A monthly payment plan option is available by request.



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