

Living in Balance

October Retreat – “Relationships”

Led by John & Rebecca Rozenberg
October 14, 15, 16, 2005

How do you relate to people? What's going on behind the conversation? Are you reliving the same relationships with different people? Are your relationships as open, loving, and easy as you would like? This transformational retreat will focus on clearing the energetic blocks that keep us stuck in our relationships, going around in circles about the same issues, and will give you tools to create open and loving relationships with all the important people in your life, including your relationship with yourself.

Come celebrate your innate spirituality in this private, rustic nature retreat, nestled in the beautiful foothills of the Sequoia National Forest. Set among oaks and pines on 8 acres along Tillie Creek, “**The Center for Living In Balance**” is a world apart, only a 2.5 hour drive north from Los Angeles, or south from Fresno.

Activities will include delicious healthy meals, easy nature hikes, guided meditation and visualization, and powerful breath work. Inactivities can include relaxing in the sun, sitting by the creek, or napping in a hammock under a spreading oak.

Accommodation options include several beautiful campsites, RV parking, and a shared-space cabin on the property, or nearby motels at reasonable rates.

John Rozenberg is an Intuitive Healer and Certified Massage Therapist trained in a wide range of modalities from deep tissue and structural balancing bodywork to chakra balancing and energy clearing. He senses blocked energy and is guided to re-establish the natural flow, facilitating an opening for transformation and healing at the deepest levels.

Rebecca Rozenberg is a Certified Massage Therapist and intuitive healer specializing in nurturing support for your journey to health and wholeness. Trained as a dancer and in many massage and healing modalities, she blends touch, sound, scent, and movement for a unique, individual healing experience. A channel for healing energy, guidance, and the release of negative habits, thoughts, and feelings, she gently opens a profound connection to Spirit.

Private sessions available by appointment.

Living in Balance - Facilitating the healing of Body, Mind, and Spirit.
www.LivingInBalance.net

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Itinerary

Friday, October 14

- 3:00pm Arrivals in afternoon- Get settled in, relax, and enjoy the land
- 7:00pm Dinner
- 8:30pm Opening Circle - "Setting intention"

Saturday, October 15

- 8:00am Morning Stretch
- 9:00am Breakfast
- 10:00am Hike & Breath Work - "Trust"
- 1:00pm Lunch/Free Time
- 4:00pm Group work - "Releasing Judgments"
- 6:30pm Dinner
- 8:30pm Fireside discussion - "Gratitude and Acknowledgment"

Sunday, October 16

- 8:00am Morning Stretch
- 9:00am Breakfast
- 10:00am Hike & Breath Work - "Acceptance"
- 12:30pm Lunch/Free Time
- 2:00pm Closing Circle
- 4:00pm Departures in afternoon

Cost: \$325 cabin accommodation (4 spaces available)

\$275 campsite (tent, mattress, & sleeping bag available for additional fee)

\$250 Retreat and meals only

All meals are included from Friday dinner through Sunday lunch.

RSVP: Call to save your space. \$100 deposit due by **September 30, 2005.**

Mail checks to: John Rozenberg, PO Box 1165, Wofford Heights, CA 93285.

Or to pay by credit card, use paypal.com and send payment to jcr@LivingInBalance.net.

Questions: Call John at 323-363-5761, or Rebecca at 323-376-8121. Or e-mail us at JCR@LivingInBalance.net, or Rebecca@LivingInBalance.net