

Living in Balance - Spring Cleanse Retreat

April 22, 23, & 24, 2005

Led by John Rozenberg, CMT

During this transformational weekend, the focus will be cleansing on a physical, emotional, and spiritual level, clearing the path for creating a future that is aligned with your higher purpose.

Connect with nature and your higher self at this private, rustic nature retreat, nestled in the beautiful foothills of the Sequoia National Forest. Set among the oaks and pines on 8 acres along Tillie Creek, "The Center for Living in Balance" is a world apart, just a 2.5 hour drive north from Los Angeles, or south from Fresno.

Activities will include: easy hikes, guided meditation and visualization, gentle yoga classes, powerful breath work, and a "cooking for cleansing" workshop.

John is an Intuitive Healer and Certified Massage Therapist trained in a wide range of modalities. He refers to himself as "a facilitator". He senses blocked energy, and is guided to re-establish the natural flow, facilitating an opening for transformation and healing at the deepest levels.

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

For more information, call John Rozenberg, CMT at 760-376-2342 or e-mail jcr@LivingInBalance.net. Private sessions available by appointment.

Living in Balance - Facilitating the Healing of Body, Mind, and Spirit through bodywork, massage, energy clearing, emotional release, pranic breathing, essential oil therapy, life coaching, guided visualization, sacred movement, workshops, and nature retreats.

www.LivingInBalance.net

Living in Balance – Spring Cleanse Retreat

Led by John Rozenberg, CMT

April 22, 23, & 24, 2005

Itinerary

Friday, April 22 Arrive anytime after 1:00pm - Get settled in, relax, and enjoy the day.
6:00 pm Welcome gathering
7:00pm Dinner
8:30pm Opening Circle – “The power of setting intention”

Saturday, April 23

8:00am Yoga
9:00am Breakfast
10:00am Hike – “Grounding with nature”
1:00pm Lunch
2:00pm Free time – Relax in the sun, sit by the creek, or nap in a hammock
4:00pm Workshop – “Cooking for cleansing”
6:30pm Dinner
8:00pm Fire Ceremony – “Releasing the past”

Sunday, April 24

8:00am Yoga
9:00am Breakfast
10:30am Guided Meditation & Breath Work – “Invoking clarity”
12:30pm Lunch
2:00pm Closing Circle

Cost: \$250 cabin accommodation (4 spaces available)

\$225 campsite (tent, mattress, & sleeping bag available for additional fee)

\$200 Retreat and meals only

All meals are included from Friday dinner through Sunday lunch.

RSVP: Call to save your space.

\$100 deposit due by **April 1, 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 **760-376-2342**, or e-mail jcr@LivingInBalance.net

Don't hesitate to call if you have any questions or concerns.