

RETREAT SORELLE LLC PRESENTS  
**A WOMAN'S DAY OF WELLNESS**

A SPECIAL DAY OF REFLECTION, RETREAT, AND RESTORATION

FACILITATED BY DONNA WOOD EATON BS, CHARTERED HERBALIST  
AND HOLISTIC PRACTITIONER

**SATURDAY NOVEMBER 1, 2014 9:30-5:00**



**REAWAKEN YOUR HEART & INSPIRE YOUR SPIRIT**

Each of us has experienced a variety of loss, grief, and change in our lives. Perhaps it's a relationship, health, youth, a career, a dream, a belief system, financial, spiritual, loved ones or any other perceived loss. During this special day for restoration, Donna will help us to gain an appreciation of the patterns of loss, grief and change that have been created by our life experiences. Together we will explore how life experiences naturally color and shape our lives. We will be guided in using the symbolism of The Native American Medicine Wheel and other resources to help us learn new ways to navigate life's many changes.

Donna will share with us her beautiful farm for time in nature, Native American ritual, shamanic breath work and aromatherapy. We will be guided to Reawaken our hearts and inspire our spirits.

- Opening and Closing Gathering Circles (please bring a drum, rattle, or other musical instrument).
- Pot Luck Lunch, thank you for bringing something to share.
- Please dress in layers for the weather and wear sturdy shoes. Bring a blanket, notebook and pen, water to drink, and an open heart!

For information and registration form go to [www.retreatsorelle.com](http://www.retreatsorelle.com).

Cost:\$130 (Special: \$110 if you register by Sept 30th).

Reserve early to insure your participation in this very special workshop!