



# SITTING WITH SPRING

APRIL 7-9 With Grant Hutchinson & Rose Riccio

The practice of Spring is awakening. We can sit with Spring, allowing the seeds of awareness to germinate and expand our capacity to wake up to our lives, to each other and to the natural world. Take the time during this weekend retreat to slow down in a supportive environment with sitting and walking meditation, on the cushion and in the woods. The charming, off grid centre, Harmony Dawn, is located near Rice Lake, Ontario. You will be nourished by Nicola's fantastic yin-yang balanced vegetarian cooking, while rooting in silent community, with yourself, the birds, the changing light and the fertile earth.

Early Bird rate \$350+HST before Feb 15th

Regular rate \$375+HST after Feb 15th

For more information and to register please contact Grant Hutchinson at [grantgrant.hutchinson@gmail.com](mailto:grantgrant.hutchinson@gmail.com)