



## MINDFULLY AWESOME WEEKEND RETREAT Friday, October 4<sup>th</sup> to Sunday, October 6<sup>th</sup>, 2024

### HARMONY DAWN RETREAT CENTRE

With Wendy Sammut,  
Tour-Guide to Mindfulness & Goddess at Heart

Every so often, we need to step away from our daily habits and familiar surroundings to immerse ourselves in the experience of being fully present and connected to spirit. A Mindfulness Retreat is the perfect opportunity to unwind, unplug, and be immersed in the awe of life!

Harmony Dawn is an off-grid retreat centre just 90 minutes northeast of Toronto encompassing 50 acres of rolling meadows and forest which offer a variety of walking trails and places to linger. Rice Lake is a short hike away from the property and you are welcome to wander down to dip a toe or dive right in!

Read more about this fabulous space and our incredible hosts at [www.harmonydawnontarioretreat.com](http://www.harmonydawnontarioretreat.com)

Throughout the weekend you will:

- Explore mindfulness practices including conscious eating, periods of silence, deep listening, intuitive gentle hatha yoga, guided meditation, and time for self.
- Learn to experience inner stillness while being engaged in the busyness of life.
- Spend time cultivating a sense of inner quiet while allowing conscious awareness to deepen.
- Delight in the mouth-watering, incredibly healing, inspired, plant-based deliciousness prepared by Chef Extraordinaire, Nicola Lawrence.
- In between sessions, you can choose to socialize, spend time alone, walk, sleep, hike, journal or read.

Total Investment in Self for the weekend is priceless! 😊 ... But a financial energy exchange of \$575+HST will give you shared accommodation, six delectable meals, use of retreat facilities, and all Mindfully Awesome sessions. Space for this wonderful event is limited to 15 participants. Can't wait to see you there!!

### HOW TO MAKE IT HAPPEN?

Send a **non-refundable deposit of \$255.00 (includes HST)** via e-transfer to [sammutwen@gmail.com](mailto:sammutwen@gmail.com) as soon as possible to save your space. Once received, I will send you a retreat info package and registration form.

Send the **balance of \$395.50 (includes HST)** via e-transfer to [workshops@harmonydawn.com](mailto:workshops@harmonydawn.com) **NO LATER THAN FRIDAY, SEPTEMBER 6, 2024.**

Type this as the security question: **Wendy**

Type this as the security answer: **October**

***\*\*Please send me a screenshot confirmation of your payment to Harmony Dawn.\*\****  
***Both payments must be received in order to guarantee your space.***  
***Retreat is limited to 15 participants.***