

## Becoming...



*- a Harmony Dawn jade becoming...*

### **In this weekend renewal...**

Become more aware of your habits of consumption - physical, mental and emotional - amidst a weekend of meditation, movement and compassionate juicing/souping/cleansing.

Workshop and individual sessions will be a nurturing part of our time together with much open time for restorative play of your choosing ...  
time in nature, resting, writing, reading, drawing etc....whatever nourishes you in the beauty of Harmony Dawn Retreat Centre.

**Friday March 13, noon - Sunday March 15, 2 pm**

**Cost is \$280 + hst\***

*\*naturopathic insurance coverage available*

*\*\$150 deposit due upon registration*

**Join Elizabeth McAvoy, Naturopath and facilitator**

**To register or for more information:**

**905-439-WELL [elizabethandlivingwell@gmail.com](mailto:elizabethandlivingwell@gmail.com)**

*Presented by [www.harmonydawnontarioretreat.com](http://www.harmonydawnontarioretreat.com)*