



# SPRING AWAKENING

APRIL 24-26 With Grant Hutchinson & Rose Riccio

If you can just appreciate each thing, one by one, then you will have pure gratitude. Even though you observe just one flower, that one flower includes everything.

~Shunryu Suzuki

This silent retreat offers us the opportunity to appreciate our moment to moment experience in both a nourishing and supportive environment. Surrounded by the beauty of the natural world we can begin to cultivate our capacity to hold whatever arises in our experience with kindness and curiosity.

Early Bird rate \$380+HST before Feb 29th

Regular rate \$405+HST from March 1st

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