

Remembering Bliss

- a retreat for the body & soul



Sink into calm and stillness....

Join Sandy Lund and Dr. Shiona McIntosh for this blissful weekend retreat, hosted at the historic Dominion Hill Country Inn near St. Andrews, NB. This retreat will offer a program designed to help you unwind, relax deeply and remember the steps to find your bliss despite life's circumstances. We will offer periods of movement through gentle yoga, dance and mindful walking as well as healing periods of stillness through guided mindfulness meditation practices, Reiki and restorative yoga.

Sandy and Shiona are a powerful team who will offer you soulful guidance and support. Both are experienced, certified educators in mind-body practices and are passionate about helping others become the best version of themselves.

- limited to 16 participants
- Cost 525\$ - based on double occupancy, limited single occupancy available upon request
- All meals, lodging and HST included in cost
- Dietary preferences can be met

When: Friday, November 11th-13th 2022

Where: Dominion Hill Country Inn: <https://www.dominionhill.com/accommodations-near-st-andrews-nb/>

- To register:
mindfulnessandyourhealth@gmail.com