

Retreat Registration

On-line registration with Eventbrite
mindful-empowerment.ca/registration

Save 20%

Early Bird Registration before February 28

Retreat registration fees \$299 CAD

Includes welcome package, retreat workshops,
2 buffet lunches & coffee/tea breaks (\$100 value)
handouts, and retreat room rentals.

Space is limited due to conference room size

After February 28, reg. fees \$359 CAD

We recommend checking in Friday evening at
Sparkling Hill Resort to receive your retreat
package and experience your ultimate self-care.

Retreat Registration QR Code



**For accommodation
at Sparkling Hill Resort**

Save 25%

For a discount code use #297865
mindful-empowerment.ca

Empowerment Retreat Schedule

Saturday May 4, 2019

- 7 am Hot Buffet Breakfast
- 9 am Crystal Bowl Sound Spa
- 10 am Angel Therapy & Ancestral Clearing
- 11:15 am Coffee/ Tea Break
- 11:45 am Energy Suckers & How to Deal
with Them
- 12:30 pm Lunch Buffet
- 2 pm Neuroscience
- 3:30 pm Coffee/ Tea Break
- 4:15 pm Meditation
- 4:45 pm Enjoy the resort

*Supper on your own reservations required

Private Healing Sessions

Saturday start at 5:30 (by appointment)

EFT/Emotion Code

Biofeedback, Light Therapy or Chakra

Balancing

Angel Therapy, Ancestral Clearing & Heart
Resonance,

Sunday May 5, 2019

- 7 - 8 am Option – Qi Qong
- 7 am Hot Breakfast Buffet
- 9:30 am Tuning into Your Own Frequency
- 10:30 am Coffee/Tea Break & Room Checkout
- 11 am Heart Resonance
- 12:30 Lunch Buffet
- 2 pm The Power of Your Vision
- 3:30 Coffee/Tea Break
- 4 pm Closing Crystal Bowl Sound Spa

Healing Sessions start @ 5:30 pm

(by appointment only)

Mindful Empowerment Women's Retreat



Give the Gift of Empowerment

This is a one of a kind opportunity for
women to experience mindful
empowerment on all levels,
emotionally, intellectually, physically
and spiritually in a world class resort
setting. Two full days of unique
interactive workshops, powerful
transformational tools and meditation.

You will leave feeling empowered,
rejuvenated and transformed.



mindful-empowerment.ca/

Workshop Facilitators

Bev Vandall



Genisea Rush



Wendy Majewski



Workshop Descriptions

- **Angel Therapy**
Genisea Rush
- **Ancestral Clearing**
Genisea Rush
- **Energy Suckers, Who are they?**
Bev Vandall
- **Heart Resonance Therapy**
Genisea Rush
- **Neuroscience: Why it Matters to You**
Wendy Majewski
- **The Power of Your Vision**
Wendy Majewski
- **Tuning into your Home Frequency**
Bev Vandall

Please visit our website

Learn more about our retreat workshops and bios by visiting mindful-empowerment.ca



Jolanda Himmelstein

scan the QR code



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