



Healthy Living News

December 2006

453 Dobbie Rd. RR#4 Lanark, Ont. K0G 1K0
www.newliferetreat.com
wellness@newliferetreat.com
tel: (613) 259-3337
fax: (613) 259-3103

In This Newsletter:

A few mostly Christmas ideas for you . . .

Gift Certificates? Yes we have them! (613) 259-3337

Raw Food Business for Sale

New Life Retreat is selling its raw foods products business, an exciting and unique business opportunity! The attached Word document has some details. We'd love to hear from you.

Your Office Christmas Party @NLR?

Looking for a last minute Christmas Party venue? Let New Life Retreat work with you in creating a Canadian winter party that you won't forget. Definitely one of a kind! Call us and let's see what we can arrange.

Country Holiday Days, anytime Dec 27 – Jan 2

We have some ideas about what might happen, but we're open to holiday magic and the unexpected as well. Our part is a huge welcoming space for the holiday, and the local resources that Lanark County offers. Yours is the magic of possibility that you bring. Would you like to hang out with a friend or loved one? Enjoy winter skiing or a bonfire? Snowshoe and a hot tub? Catch up on your winter reading by the fire. Write a short story? Watch movies in a group. You name it and you can do it. And as for New Years Eve – it's ours to invent.

We'll provide the food, invite in local masseurs, yoga teachers, etc. A relaxed food prep class is likely. We're very interested in a visioning afternoon or evening in which a professional coach will help us play with creative possibilities for 2007. It's up to us. Cost is our daily rate of about \$120/day inclusive (private room), \$100/day (shared). Practitioners extra, of course.

Contact us if you have an idea, or are open to one.

wellness@newliferetreat.com

tel: (613) 259-3337

Group Winter Holiday Options

In addition to the Christmas – New Years week, you and a group of friends can rent the retreat for a winter getaway some time of your choosing throughout January and February. We have the facility, you the

imagination. We'd be happy to help you put together something for your family or friends that you'll always remember. Something perhaps with hot tubs in it, outdoor fun, wood stoves and conversation, local health practitioners, rest, great food, and . . . (wouldn't want to limit you). Let us know if you're interested and we'll see what possibilities can be cooked up.

wellness@newliferetreat.com, (613) 832-3337

Hold your enterprise's next retreat, lecture or workshop in a mindful, ecological environment, and gain a fresh perspective: www.newliferetreat.com/organizations.html

Note that we're still holding a wonderful managerial position for the right person. If you're her or him or know them, get in touch.

NEW LIFE RETREAT
453 Dobbie Rd. RR#4, Lanark, ON, K0G 1K0
www.newliferetreat.com
wellness@newliferetreat.com
tel: (613) 259-3337
fax: (613) 259-3103