



Healthy Living News from NLR

July-August 2007

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Please note our new email address: nlrinfo@newliferetreat.com. Contact us today for reservations.

With the exception of some periods reserved for special groups, guests seeking rest and rejuvenation - or just time away - may book space at the retreat anytime. Reserve ahead! You may also be interested in the following special events! . . .

COUNTRY GETAWAY WEEKEND – JULY 27-29

Get out of the city to relax, revive and rejuvenate at New Life Retreat's 110 acre eco-living retreat (one hour west of Ottawa in the beautiful Lanark Highlands).

All inclusive price of \$299 provides you with outstanding vegetarian meals, accommodations, a lesson in preparing raw food, and full use of the grounds including the hot-tub for relaxing, the spring fed pond for swimming, fields for exploring and meditating. Perhaps a bonfire under the stars after a satisfying day? The country is calling you.

The Country Getaway Weekend is offered in collaboration with Toronto Sprouts. You may contact them to reserve, discuss traveling together etc. Contact Marie Larsson by phone, 416.535.3111, or email info@torontosprouts.com

Or you may register through New Life Retreat. Call 613-259-3337 for info and reservation or visit www.newliferetreat.com for more on the retreat.

WOMEN'S SUMMER RETREAT 2007

*A Woman of Power Walks the Path of the Heart
An Immersion in the Sacred Feminine*

July 18-22, 2007

Wednesday evening to Sunday afternoon

Each year in the abundant season of summer we gather and enter into the realm of mystery, surrendering into what wants to be born within the circle of women who come to be renewed and inspired at the well of the sacred feminine. This summer we will track the theme of women and power. We will explore the message contained in the statement that "a woman of power walks the path of the heart". It is said that the Goddess wants our heart, for it is the heart that holds what is most authentic and true of our deepest and undefended self. In this summer retreat we will re-member ourselves and our lives, calling forth the deep feminine consciousness and the power contained within it.

The retreat offers participants stimulation and support for their own journeys and it is also a chance to be enriched through sharing and learning with other women. There will be the opportunity to explore,

with support, silence and stillness. The remainder of the time will be a creative mix of teaching sessions, individual and group process, sharing, meditation, movement, breathe work, creative expression, play, and time in nature.

Fee: \$795. Includes: the program, wonderful, nourishing, vegetarian food provided by our personal chef, Yesim Gumus and shared accommodation indoors or tenting on the land at New Life Retreat. There is the opportunity to have a Thai Yoga massage or Reiki session with Eileen Scully for an additional fee. Registration deadline is June 15th, confirmed with a deposit of \$300.

Registration: More at www.madlinedietrich.com. For more information or to register, call (613) 852-4072 or email madeline@madlinedietrich.com.

KHADRO CHI NEI TSANG FOUNDATION COURSE, JULY 8-13

KHADRO CHI NEI TSANG is the art of applying Chi Kung (Energy Work) for the purpose of transforming suppressed traumas and outdated energy patterns stored in our internal organs. Khadro Chi Nei Tsang helps individuals to uncover these hidden messages that influence and even control us without our conscious knowing. The principles and paradigm of this work is based on thousands of years of Traditional Oriental Medicine based on Taoist Teachings. A further five days of advanced training follows the foundation class.

For information contact Dorothy Ramien, 250-661-7096

MISCELLANEOUS

New Faces at New Life Retreat

NLR has a dynamic new manager. He's Jens Bergen who brings with him a history in travel tourism (and world traveling), as well as a passion for social justice and the outdoors. He's the right man for NLR and we're thrilled to have him. Jens has the skills to oversee your needs for a healthy and fulfilling eco-holiday.

The retreat is also blessed to have Rie Yamamoto here again this season. This tireless worker has blossomed into an exquisite chef. She brings a gentle air of elegance to the retreat, reflecting the artistry of her native Japan.

Blue Skies, Nothing but Blue Skies

Blue Skies music festival is a hidden gem in Lanark County, a special magic. This year it's August 3-6, and it'll probably be the best Blue Skies ever – just like all those other Blue Skies' that were the best Blue Skies ever. Come stay at New Life Retreat while you attend. Call 613.259-3337.

Get Married at New Life Retreat

Congratulations to Frithjof Lutscher and Mateja Sanja, who wed at the retreat June 16th. A truly lovely ceremony and the food was . . . amazing. Unfortunately our pictures are too heavy in megapixels to go into this newsletter.

If we can support *you* in having the wedding of your dreams, we'd love it. Contact us: nlrinfo@newliferetreat.com. See more at http://www.newliferetreat.com/alternative_weddings.html.

Heritage Restoration Continues at New Life Retreat

We're restoring the original house here (a smaller log building behind the current main house) and turning it into a new residence. As of the end of June we're hoping that the new residences will be open for occupancy by mid-August.

Host your Organizations Next Meeting at New Life Retreat

A change of perspective can make a world of difference. Come to the country for your next organizational retreat, AGM or planning session. It's affordable and a real change from down town meetings. (613) 259-3337.

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