

# Tune up your Spirit!

Using Lessons from Music to Harmonize Your Life

Monday, September 23, 2019 9:30am-3:30pm

*A Day Apart*  
RETREAT

With Retreat Leader:  
Janet Kessenich



*Aligned with the Divine,* centered in

your heart, expressing your Essence. You know how you want to show up, but navigating our complicated lives challenges us to stay in tune with that intention, to remain harmonious within and without.

This workshop draws inspiration from musical experiences and principles to enrich our spiritual lives and get us “in tune.”

You’ll discover:

- The power of rest and silence to renew and restore
- The poignancy of living from a heart-centered space
- How to modulate thoughts and beliefs for personal growth

Strengthen your spirituality through a tapestry of self-exploration, group discussion, sound healing, and musical experiences that will deepen your connection with your Essence and inspire you to live a more insightful, meaningful, and satisfying life.

Leave feeling inspired, tuned in to who you really are.

No musical background necessary. Bring a notebook or journal.

## Rolling Ridge

Retreat and Conference Center

660 Great Pond Road  
North Andover, MA 01845  
978-682-8815

Register on line at:

[www.rollingridge.org](http://www.rollingridge.org)

Registration: \$70

*Opportunities for Massage and Body Work, or spiritual direction are available at an additional fee. Ask about booking an overnight guest room before or after your day apart retreat with added meals to create your own personal retreat.*



*Janet Kessenich, M.M.* leads thoughtful, interactive workshops and retreats in the New England area that connect participants with what brings meaning, purpose, satisfaction and empowerment into their lives. A holistic sound and energy healer, Janet incorporates calibrated vibration – the essence of music – with clients and workshop participants to, in a sense, tune them to their most aligned way of being. She is the author of *Music Lessons for the Spirit*, a collection of essays drawn from the spiritual/life lessons she learned as a pianist.  
[www.spiralenergies.com](http://www.spiralenergies.com)

We suggest an arrival time of gam. Please let us know upon registration if you have dietary restrictions.