

Drawing on the Equinox:

Creating and Maintaining
Balance Within and Without

A Day Apart
RETREAT

With Retreat Leader:
Janet Kessenich

Monday, September 14, 2020
9:30am-3:30pm

Are you someone who knows the importance of balance but can't seem to hold onto it in your life? You are not alone! Being able to stabilize and return to center is a challenge we face in the overly stimulating and sometimes chaotic energy we live in. The upcoming Vernal Equinox, that point in nature when daylight and night are balanced, is the perfect time of year to contemplate your own balance. You can then draw on nature's balance, inviting it to be reflected within yourself to create stability and harmony.

Join us for a day of exploration, healing, and restoration. In this workshop:

- Discover and connect with a deep sense of centeredness and internal balance
- Explore the inner and outer issues that get in the way of maintaining your equilibrium
- Experience sound healing and energy work that will clear your field and make way for a healthier you
- Practice consciousness tools and practical techniques to help you return to balance when life throws you off

Leave feeling renewed, centered, steady– Balanced!



Janet Kessenich, M.M. leads thoughtful, interactive, experiential workshops and retreats that connect participants with what brings meaning, purpose, satisfaction and empowerment into their lives. A holistic sound and energy healer, Janet uses the essence of music– calibrated vibration– with clients and workshop participants to, in a sense, tune them to their most aligned way of being. Her “Tune Up Your Spirit” workshops are based on her book, “Music lessons for the Spirit”, a collection of essays drawn from the spiritual/life lessons she learned as a pianist. www.spiralenergies.com

REGISTER ON-LINE at
www.rollingridge.org

Registration: \$74 (Includes buffet lunch)

Purchase a “Day Apart Passport” and attend 3 retreats for \$189. **SAVE 15%**

We suggest an arrival time of 9am.

Please let us know upon registration if you have dietary restrictions.

Rolling Ridge

Retreat and Conference Center

660 Great Pond Road
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