

Body Wisdom Creative Wellness

Yelapa Mexico
January 5 to 11, 2008

An Ecstatic Sacred
Journey
Back to Self

with

Tracy Harrison
and
Christine Lummis

Sacred Art Making
Expressive Movement and Dance
Meditation and Yoga
Gentle Eco-Journeys
Journalling and Introspection
5 Rhythms Ecstatic Dance
Wisdom of the Ancient Runes
Clay Incising and Pit Firing

Seven Days and Nights
in a Tropical Forest Retreat
near Puerto Vallarta, Mexico

During the Retreat we will:

Hear the Wisdom of our Bodies
Feel the Passion of our Hearts
Play on the Beach
Trek to a enchanted waterfall
Visit an island with Blue Footed
Boobies (tropical exotic birds)

Relax

Reclaim

Renew

Revitalize



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Los Naranjos

www.ranchoyelapa.com

Indulge your senses in lush acres of tropical flowers, fruits, fish ponds and a spectacular private waterfall

Retreat Cost is \$1800. USD

includes: Workshop Fees and
Materials, Eco Tour Fees
Accommodation
Vegetarian Meals & Snacks

Christine Lummis BA, DKATI, RCAT

Art Therapist, Dancer, Visual Artist

Christine has over 10 years experience as a workshop facilitator in private practice and is an instructor at the Kutenai Art Therapy Institute.

250-352-5056

Email: clummis@shaw.ca

www.arttherapyservices.ca

Tracy Harrison B.S.W., Dip. A.T., RCAT

Art Therapist, Poet and Visual Artist

Using multimedia materials

Tracy has facilitated experiential art workshops in Corporate, Retreat and Educational settings for over 20 years.

250-538-0144

Email: Tracy@artbyharrison.com

www.artbyharrison.com