

Nurture in Nature

Mind your Body: Create the connection to Mother Earth to enhance your life with Spirit

Joanne Cohen

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You are invited to participate in a special 3-day magical retreat at
Los Abrigados Resort and Spa, Sedona, Arizona
April 8 – 10, 2016

In this very special retreat weekend, we have created a unique alchemy of ageless wisdom, soul-searching exercises, quiet reflection time, small group dynamics, experiential insights and essential grounding time in this ethereal, magical landscape of Sedona. Learning to nurture your mind and body means living comfortably in the present moment, yet honoring the sacred spiritual dimension of life that so often goes unnoticed or ignored when “life gets in the way.” Honoring yourself as a physical and spiritual Being encompasses having a strong balance between your inner world and outer world. This retreat weekend offers you the chance to fully integrate the aspects of your emotional, physical and spiritual wellbeing in a comforting setting to help you create the

groundwork for healthy lifestyle in the years and decades to come. Return to your most natural state, fully integrated, alive and inspired.

WHO Should Attend?

- Anyone who is interested in becoming more balanced in this fast paced, hectic 3D world we live and work in
- For spiritual seekers looking to unplug and re-invigorate your human spirit, perhaps even relearn how to have fun and enjoy the simple pleasures of life.
- For all those who are ready to take the next step on their healing journey by reconnecting Mind, Body and Soul.
- For people longing to recharge and master the essential skills to live gracefully in an ever changing 24-7 society.
- For all those searching for the company of like-minded and light-minded, spirited people.
- For anybody ready to laugh, play and be in nature with other fun-loving and forward thinking people
- For lovers of brilliant red rock mountains, fresh air, breathtaking views, and an experiential, soulful, relaxing mountain getaway.



Highlights of this Spiritual Retreat:

***Come join us for an exclusive visit to a private ranch including experiencing a yurt, vision lodge, drumming, directional wheel, stone temple, elemental garden, etc....all in the loving presence of the resident horses and other beings who welcome us!

***The Birthing Cave is a transformational place that physically resembles a heart when viewing it from below. Once inside the open air cave, it envelops and nurtures you like a mother's womb, allowing the release of thoughts and beliefs that no longer serve our highest good. Different perspectives, perceptions and way of living are realized with the birth of new thought.

***Gentle walking in the various energetic vortex areas will touch the physical senses, while guided meditation among the beautiful red rocks will invigorate the soul. Will it be an Ahhhhh or Aha! moment for you?

Where:

We are delighted to announce that this special spring retreat is being held in magical Sedona, AZ at Los Abridados Resort and Spa, along with choices of three experiential trips to various areas that are not on the typical tourist itinerary. This unique retreat weekend offers essential insights, coping and relaxation skills for personal growth while honoring the harmony of mind, body, spirit and emotions.

Retreat Fee: The cost of the three-day retreat is \$449.00 (early bird registration through February 26th). This event is limited to 30 people. The registration fee includes a delicious breakfast buffet on Friday and Saturday mornings, a continental breakfast Sunday morning, morning meditations and facilitated activities in the hotel conference center, along with guided transportation and fees to outdoor activities. Transportation to and from Sedona, airfare and lodging are NOT included in the Retreat fee. Upon receiving your registration and paid fees, a confirmation letter will be mailed/emailed to you with details to help you make this weekend event most enjoyable.

Location / Lodging: There are 15 rooms reserved at Los Abridados Resort and Spa for our retreat participants. The daily group room rate of \$180.30 includes a one bedroom accommodation, \$15 resort fee and 13.4% Sedona taxes. The resort fee includes: Wifi, fitness center, fitness classes, recreational facilities, 18 hole mini golf, tennis and sport court, garden gas grills, pools and spa tub, fire pit, creekside park, 24 hour business center computer/internet and boarding pass printing. Our group, MBSource, LLC, has been assigned a group manager, Jesse Lopez, who will be able to answer additional lodging questions. Our personalized booking link to make reservations is:

<https://www.diamondresortsandhotels.com/?MKC=GMBLLC15>

For reference:

Property: Los Abridados Resort and Spa

Your Block Code is: GMBLLC15

Your Group Name is: MB SOURCE, LLC

If any guests have questions regarding his or her reservations or need to extend their stay past the contracted dates, please direct them to Groups@diamondresorts.com or to me directly at 702.823.7686.

Book early as any unsold rooms in our block will be released back to Los Abridados 30 days prior to the event. (Please mention this event is sponsored by MBSource, LLC.) For information/reservations at Los Abridados please call 702-823-7686. It is requested that all participants stay at Los Abridados for convenience and networking. Those seeking roommates to share expenses will be coordinated through us. For those who are Diamond Resort Owners and would like to use points for this stay, please follow all existing reservation requirements for booking, and do NOT go through Jesse. Hotel space is already very limited in and around Sedona with the popularity of this magical area.

Getting to Sedona: Transportation Information:

Car rental is available from the Phoenix (PHX) airport. It is a two hour drive one way.

Shuttle service from PHX airport to Sedona (and then back to PHX) is \$49 each way and can be booked through the following link:

<http://arizonashuttle.com/schedules/sedona-phoenix-sky-harbor/> .

Nurture in Nature **Sedona Red Rock Mountain Retreat Itinerary**

(Content may be fluid in the afternoon due to weather)

FRIDAY April 8th

8:00 a.m.— 8:45 a.m.

Buffet breakfast

9:00 a.m. —10:00 a.m.

Introductions: facilitators, participants, & retreat overview

10:00 a.m.—10:15 a.m.

Break

10:15 a.m.—11:00 a.m.

Balancing your Being – Mind, Body and Spirit

11:05 a.m. – 11:55 a.m.

Rock On! Rocks, crystals, carvings and our connection with them

11:55 a.m. – 1:30 p.m.

Lunch (on your own)

1:30 p.m. – 5:00 p.m.

Experiential afternoon activity (choose one)

1. Birthing Cave – transformational experience
2. Gentle walk and meditation among the various energetic vortex areas
3. Private Ranch (return to resort between 5:30-6 pm)

5:00 p.m. on

Play time – shop, explore, eat on your own

SATURDAY April 9th

8:00 a.m. – 8:45 a.m.

Buffet breakfast

9:00 a.m. – 9:45 a.m.

Meditation and Music...Spiritual M&M's

9:45 a.m. – 10:00 a.m.

Break

10:00 a.m. – 11:00 a.m.

Creating a New Paradigm for Living a Joy Filled Life

11:05 a.m. – 11:55 a.m.

Nourish your Self

11:55 a.m.—1:30 p.m.

Lunch (on your own)

1:30 p.m. —5:00 p.m.

Experiential afternoon activity (choose one)

1. Birthing Cave – transformational experience
2. Gentle walk and meditation among the various energetic vortex areas
3. Private Ranch (return to resort between 5:30 - 6 pm)

5:00 p.m. on

Create your own connection with the magic of Sedona

SUNDAY April 10th

7:00 a.m. – 7:45 a.m.

Meditation

8:00 a.m. - 8:45 a.m.

Continental breakfast

9:00 a.m. - 10:00 a.m.

Closing ceremony and farewell

Optional Afternoon/Evening Activities

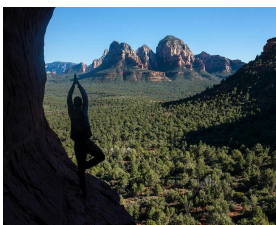
For those who are remaining in Sedona, there will be optional Sedona exploration with the facilitators in the afternoon, and/or an evening adventure at the Ranch for those staying over Sunday night.



Joanne Cohen is a compassionate and caring multi-talented individual. Joanne is an Intuitive Life Consultant, Certified Medium and Platform Reader through Dr. Doreen Virtue, PhD., Certified IET Master-Instructor, Meditation Coach, Inspirational Speaker and Teacher who lives her teachings. Joanne has a BA in Music from The Mannes College of Music in New York. She is a beautiful being of light who encourages and empowers others to reach their unlimited potential through her gifts.



Mary Beth Schommer has a BA in Psychology, is a Minister in the Universal Life Church and is certified in or has studied various energy modalities. She is a Certified Healing Touch Practitioner (CHTP), Certified IET Master-Instructor, Reiki Master and does some Access Consciousness energy work. She has written contributions in two published books (*Angel Love...* by Carolyn Porter, and *Women As Healers, Voices of Vibrancy...* by Tami Briggs). Following retirement from 29 years in a Corporate environment, she is busy enjoying daily life... wherever she is in the world.



Rick (Ricky) M. Sperry has been a student of metaphysics for over ten years. Areas he has researched include meditation, astral projection, ancient civilizations, psychology, the mineral world, crystal skulls, shamanism, and energy work among many other things. He is trying to find the links between these subjects and his purpose in order to integrate them into our three dimensional reality. As a Sedona resident for over four years, his life has changed considerably by spending time out in the beautiful red rocks, and he would love to share his home and insights.



