



Join Psychospiritual Therapist and drum circle facilitator, Bonnie Ross for a magical weekend and drum your way to joy, bliss and a deeper connection to self. Learn to detach

from the negative, denser vibrations of worldly chaos to stay aligned with Spirit and well being. This highly interactive, experiential weekend will inspire unity, personal awareness, growth, and transformation

You will reclaim your inner child, the part of us that is ultimately alive, energetic, creative and fulfilled.

You will connect with the sacred feminine, the intuitive higher self that provides you valuable, divine guidance.

You will explore the healer within and learn how to move high vibrational energy through your body for self-healing. This work opens you to discover soul energy, your "Divine Light Within".

You will define the Light Worker that lives within us all, and consider your path of service and souls calling.

You will laugh and play as you feel the vibration of the drums tremendous healing potential. The drum is primal and powerful and connects you to presence and passion. The drum supports vital energetic and emotional shifts and moves you to a higher vibrational level.

You will feel anchored and grounded as we draw upon earth's energy and enjoy the natural beauty of Myshaven's nature trails, lakes and labyrinth. Drumming around the camp fire is a magical experience you won't want to miss!

Date: October 2nd, 3rd, & 4th, 2009
Friday 6:30 p.m. to Sunday 4 p.m.

Cost: Regular \$575

Early bird special \$400 before July 31st

The \$400 price includes all meals, course fee and dorm style accommodations.

Accommodation upgrades: \$35 for semi-private room per night

\$80 for private room per night

After July 31st- \$450

Register a friend and get 5% off.

Beautiful Accommodations include linens and towels

Delicious Meals include 3 meals per day and all snacks. Special dietary needs can be accommodated with advance notice.

Myshaven Country Spa & Retreat Center is located just 30 minutes North East of Downtown Toronto. Visit website for map.

Additional amenities offered at Myshaven

Spa Services

Sauna & Exercise Room

Jacuzzi

Labyrinth Walk

Forest Walking Trails

Private Lakes

To register Contact: Bonnie Ross at info@bonnieross.com
or call 416-707-3286

Deposit of \$75 due on registration. Full payment due September 15th. Deposit is non-refundable. Cash and Cheque payments only. Sorry no visa.

Spaces are limited, so reserve early.