



Join us at Clary Gardens

October 16, 2010 @ 10:00 AM

for

Sacred Silence

A Guided Nature Spirit Hike & Meditation Retreat at the Peak of
Coshocton's Fall Foliage Splendor!!!

Join Guide Chris Campbell as she leads you through the woodland trail and shares her passion & enthusiasm for co-creating with the environment, in this enlightening session, focusing on nature as a source of inspiration, solace, regeneration and spiritual union.

- ❖ Slow down, take time to breath & unite with the surroundings at Clary Gardens.
- ❖ Re-create balance & harmony in your life.
- ❖ Reduce Stress & experience profound inner peace.
- ❖ Inspire creativity & joy within yourself.

This mini-retreat is certain to nourish your spirit, revitalize your soul, and bring you true delight!

Chris offers over a decade of personal practice of nature meditation as well as experience sharing in workshops & retreats across the Eastern United States geared toward those interested in discovering inner peace & a heightened sense of purpose.

"These encounters take on the meaning of the sacred through the process of creating relationship with nature. Nature speaks to us in the silence and these messages can be life-changing"

- We will go at a comfortable pace; stopping frequently to enjoy what Nature presents us.
- Participants are asked to wear comfortable shoes & weather appropriate clothing.
- Participants should be able to walk ½ mile on the Woodland Trail.
- Water bottles & bug repellent are suggested.
- Feel free to bring a notepad or journal.
- The workshop will last approximately 1 ½-2 hours.
- There is no cost for the session but donations to Clary Gardens are appreciated

Call Chris @ 740-502-0575 to register or just show up

Clary Gardens is located @ 588 West Chestnut Street
Coshocton, OH 43812