

From the Darkness...

Is there a shadow from your past that blocks greater joy from filling your life? Is your life being impacted by deeply buried pain, inner conflict or trauma from the past that hasn't fully healed? Perhaps you're a victim of physical, emotional or sexual abuse, or an indirect victim of traumas that impacted your entire family. Despite your best effort to 'move on' and live a happy life, there may be a silent, buried pain that keeps you from fully connecting with those around you and with life itself.

Healing the Past is an opportunity to take some time away from your day-to-day responsibilities to address a long-buried pain and live more fully.

VISIT WHITELIGHTRETREATS.COM
FOR MORE INFO. SPACE IS LIMITED.



Retreat /rə'trēt/

A period or time away from normal activities and duties that is used to think carefully, learn quietly or meditate.



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Healing the Past

MARCH 20-22, 2020
SHERWOOD INN, PORT CARLING



OPENING HEARTS. CHANGING LIVES.

Into the Light

As winter gives way to spring, a small group will gather at a beautiful lakeside resort in Muskoka, to take a personal journey. In a safe, supportive environment, participants will be guided through a series of meditations, writing exercises, activities and quiet time to process and heal the pain of the past. While



the healing journey is a private one and no participant will be asked to share their story, the group will connect through inspirational talks, live music and delicious meals together. The retreat will culminate Saturday

night with a release ceremony and drumming circle by the fire (weather permitting), and will end with a labyrinth walk and closing circle on Sunday morning.

DON'T MISS THIS OPPORTUNITY TO DISCOVER RENEWED JOY, ENERGY AND WISDOM.



Nurture your Spirit in Muskoka

COMFORTABLE LUXURY SURROUNDED BY NATURE

Nestled within towering century-old pines at the edge of Muskoka's sparkling Lake Joseph, the Sherwood Inn is an enchanting resort retreat. Among the most authentic Ontario Inns, each guestroom and cottage suite at the Sherwood Inn is decorated to reflect the traditional character of Muskoka, and is complete with every modern convenience you would expect from a Muskoka resort. Many rooms feature cozy wood-burning fireplaces and jacuzzi tubs.

DINING THAT NOURISHES THE SOUL

Boasting a fresh, locally sourced menu prepared with care, dining at Sherwood Inn delivers an unparalleled culinary experience. Enjoy meticulously prepared meals overlooking stunning Lake Joseph. Special diets will be accommodated.

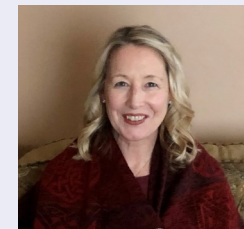
See SherwoodInn.ca for more info.



Your Retreat Facilitators

JO-ANNE SOEPBOER

A spiritual intuitive and licensed metaphysical minister, Jo-Anne has worked with shamans from several traditions, awakening her own wisdom in the process. She began facilitating retreats 20 years ago after a remarkable recovery from Fibromyalgia. She has helped countless people bring healing to their body, mind and spirit through retreats, classes and private consultations. After returning to a career as a business consultant some years ago, she is answering the call of her heart once again to help people on their healing journey.



DEBBIE LONG

A certified sound healer, spiritual life coach and Reiki practitioner, Debbie found her voice in a miraculous awakening after the death of her young son Christopher.



Her first CD, called "Sing Mom, Sing" was produced in his honour and she's currently working on her second CD. Debbie was a vocalist with the spiritual band Song Dreamer for five years before becoming the music director for Unity Church of Mississauga. She has performed at numerous retreats, churches and conferences, including the American Gold Star Mother's conference in Washington, DC.

COST: \$499 + HST

REGISTER AT WhitelightRetreats.com. SPACE IS LIMITED.

*ACCOMMODATIONS BOOKED SEPARATELY AT GROUP RATES.