

The Healing Circle presents

ALCHEMY of the heart

7 DAY MAITRI RETREAT



Timothy Walker, Ph.D.

psychotherapist and healer recently co-authored the highly acclaimed book, *The Healing Circle*. For thirty years, he has worked to integrate mindfulness and the psychology of meditation into psychotherapy, education, and healthcare. Based in Halifax Nova Scotia, he teaches meditation retreats and mindfulness workshops across North America.

Heal & Transform the Energy of Emotions Into Confidence Wisdom and Compassion

Set in the beautiful Catskill Mountains at the Menla Mountain Retreat Center NY, join us during the height of Fall Colours.

Open to everyone this contemplative retreat of Mindfulness and Loving-Kindness meditations explores five different psychological styles to awaken your underlying energy of wisdom. This transformative experience helps you to reclaim the energy of wholeness through synchronizing body, mind and spirit.

“ **A gentle and profound experience.** This was one of the most important personal explorations I've done...we came from all backgrounds and ages...a rich way to examine life and relationships” ~ BS

Learn and practice

- Mindfulness Awareness Meditation
- Yoga, Qi Gong, Body Movement
- Loving-Kindness & Tong-len practice
- Energy Postures Exploring Color
- Group Discussions & Reflective Contemplations
- Nature Meditations
- Creative and Expressive Work
- Fun & Celebration

“ **It's always a joy to learn from Tim...** he helps me to deepen my practice, explore myself, both in relationships and in navigating my world. ~ NW



Beautiful Natural Setting

Menla Mountain Retreat Center, Phoenicia, NY

Oct 10 – 17, 2012

Set in the Catskill Mountains at the height of Fall Colors in a beautiful lush valley, the Menla experience offers elegant accommodations and delicious catered meals. \$1575 including 7 nights accommodations, meals and all workshop materials. menlamountain.org

****register prior to July 30 and save \$100 off program fee.**

For information and registration:

programs@thehealingcircle.ca or Beth Wallace at 902.489.0098

www.thehealingcircle.ca

