

One-Day Inspiration Retreats at Beechwood!

The Frog is a symbol of

- Life's Mysteries
- Transformation
- Ancient Wisdom
- Cleansing
- Abundance
- Renewal/Rebirth

Be Inspired through these life-enriching 1-Day adventures of self-discovery! Explore new ideas that enlighten the spirit and feed the soul on Beechwood's inspirational grounds.



Curated by our "Inspiration Team", Min Green and Theresa Crisci, and facilitated by professionals in stress reduction, mindfulness, life coaching, massage therapy, alternative healing, meditation and more, these retreats are designed for anyone who is looking to bring more enrichment into their everyday.

One Retreat Per Season... Keep Yourself Renewed & Revitalized All Year!

SPRING: April 1 "Inspired SelfCare"

Be led through the seven steps to inspired and empowered self care, taking home with you holistic tools & techniques for nourishing body, mind, and spirit every day. *Max 20 participants*

SUMMER: June 24 "Ignite Your Heart's Desire"

Connect with your own truest yearnings and innermost wishes, and learn how to manifest this to lead a happier, more peaceful and purposeful life. *Max 12 participants*

FALL: Sept 16 "Raise Your Creative Vibration"

This exciting creative adventure into talismans and amulets is designed to help you unblock or release creativity, freeing yourself up to give yourself permission to play. *Max 20 participants*

WINTER: Nov 18 "Live Your Authentic Life"

Use the "Four Agreements" to transform old beliefs into new practices that represent who you really are. Uncover your authentic self to live a more fulfilling and vibrant life. *Max 20 participants*

All Retreats: Saturdays, 10am-5pm. \$165 per full-day incl snacks, drinks and all materials. Bring Lunch.
Register: www.beechwoodarts.org/inspiration.html*



Beechwood Arts One-Day Inspiration Retreats: SPRING



Inspired SelfCare

transform & transcend: a totally new you

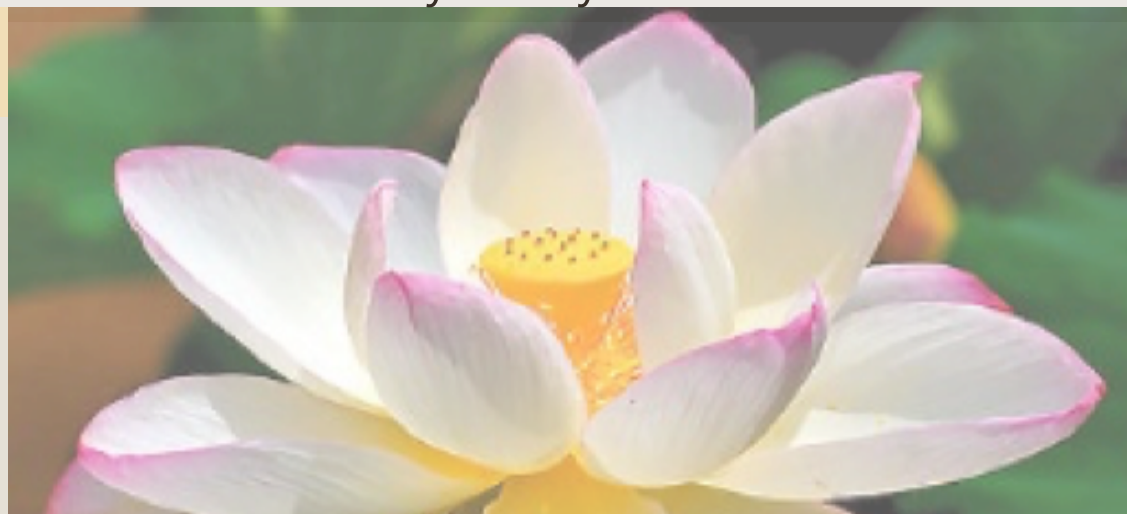


Saturday April 1 10am – 5pm \$165*
Limited to 20 participants

In this retreat, you will learn to:

- Nourish your body, mind, and spirit
- Balance & take charge of your emotions
- Gain clarity & a more positive outlook
- Restore & replenish vital energy
- Raise your energetic vibration
- Express your creative spirit
- Align more closely with your soul's purpose
- Treat yourself with loving kindness
- Move forward with ease and grace

*price includes all materials, snacks & beverages. Bring Lunch, Dress comfortably. All retreats held at Beechwood Arts 52 Weston Rd WESTPORT, CT. To apply for needs-based pricing: contact@beechwoodarts.org



A journey of self-discovery designed to help you create a daily practice of holistic self care



RESERVE YOUR SPOT!

www.beechwoodarts.org/inspiration.html



Theresa Crisci, LMT, is a Licensed Massage Therapist, Life Coach, and Creator of Corporate Wellness and Empowerment Training Programs for mindfulness, meditation, stress reduction, and living an authentic life. She is currently training to be a Divinity Minister. She has passionately inspired hundreds of people to live their best life. www.totalbalancelifechoice.com



Min Green, HTCP, is an Energy Health Therapist, specializing in trauma release & holistic self care. She is also a Visual Artist & Art Educator. She integrates intuitive abilities with Healing Touch, Guided Imagery, Sound Balancing to enhance vitality & promote self-healing. min@greenhealingtherapy.com