

BALANCE WITHIN At Lake Bluff Preserve

NEW DATES!

June 3rd to 5th

"America's Third Coast"
Frankfort, MI

Join BALANCE WITHIN RETREAT for an Inspiring Weekend of Laughter, Joy and Peace in the Freedom of True Self June 3rd to 5th, 2022

Immerse yourself in the pure natural beauty that surrounds you - awe inspiring cliffs, sapphire blue water, the rhythmic sound of rolling waves below you, and refreshing breezes - from high atop your perch at the spacious yet cozy Lake Bluff retreat accommodations.

The clean, clear, magical energy of 'The Bluff' provides isolation from our busy lives and forms the backdrop to an immersive weekend of *Balance Within™* workshops, activities and techniques for self-awareness and growth to bring a greater sense of calm and balance into your world:

- Balance Within™ Techniques
- Reiki Attunements and Levels I & II Training Certification
- RestoraYin Yoga with Crystal Bowls Sound Healing - Restorative Yoga, Reiki & Sound Healing combine in one blissful evening!
- Past Life Regression
- Drum Circle & Bonfire
- Shamanic Journey
- Intentions & Manifestation Wheel
- Deep Release Breathwork
- Guided Meditations & Chanting
- Daily Yoga Classes (indoors/outdoors)
- Food & Energy Awareness
- Individual Energy Healings (by appt.)



Choose from any/all of the above, plus enjoy free time to explore the beach and hike the natural surroundings that abound right outside your door! Prepared meals are included throughout your stay.

You will leave feeling lighter, with a sense of peace to carry with you into your daily life and bring home to your loved ones. Finding this balance is the energy and pure intention behind *Balance Within*.



**Visit Balance Within Retreats For Details And Pricing
(single, double and group accommodations available):**

<https://balancewithinretreat.com>

balancewithinretreat@gmail.com / 586-453-4560