



Thriving on the River

Don't let the diagnosis of cancer paralyze you. Join me for a powerful 5 day women's retreat focused on reclaiming your health and vitality, and preventing any recurrence.



October 13-17, 2011

San Juan River, Colorado & Utah

Begin and end at the Deer Hill base camp in Mancos.

\$1850 per person (limit 20 women)

\$500 non-refundable deposit due by 9/1/2011.

Balance due 9/15/2011.

Email info@namastehealthcenter.com to register.



In the process of integrating this new paradigm, you will be connecting with other women on a similar path.

You will have delicious, organic, life-giving food provided for you. You will learn how to prepare these foods once you return home.

You will incorporate yoga, acupuncture, cooking classes, and hiking to petroglyphs and ancient ruins.

You will have time to yourself to journal, walk, rest, and meditate.

All of this among the autumn-kissed cottonwood trees lining the San Juan River. We will float down red rock canyons of the Colorado Plateau through ancient civilizations/land of Navajo, Hopi and Zuni Nations.

Let the spirit of the southwest beckon you to feel the rhythm of the river in and out of your soul, merging your internal nature with the extraordinary beauty that surrounds you.

