

OVERNIGHT ACCOMMODATIONS

This is a daytime retreat, so sleeping arrangements need to be made. Some options for you:

- Overnight stays at Grass Lake Sanctuary cabins or bungalows
- Local inns, motels & airbnbs
- Staying at the home of local participant



FOR ASSISTANCE

Please contact Patty Hart,
Lodging Coordinator:

734-645-7251

or email:

patty@everybodyhappy.net

OUR MENU



The retreat menu is specially designed for your dining pleasure, health & alertness with both vegetarian & traditional options. Tasty gourmet snacks including gluten-free and low glycemic options are available.



Grass Lake Sanctuary
18580 Grass Lake Rd
Manchester, MI

GRSSLAKESANCTUARY.ORG

Maps and directions will be mailed to you with your pre-retreat packets.

ANY OTHER QUESTIONS?

Call or Email Us!

(734) 494-0674

info@movedbythelight.com

AWAKENING OF THE HEART

A 3-Day Summer Retreat

AUGUST 19-21
2016

Grass Lake Sanctuary
Manchester, Michigan

RETREAT FOCUS

The awakening of our hearts is a ceaseless and natural process of living our lives, where our personal exploration and experimentation trigger deeper awarenesses about what it means to evolve spiritually in the fullest sense of the word. It is an embracing of body, mind and spiritual awarenesses, a unified and peaceful unfoldment of who you uniquely are while on Earth.

AT THE RETREAT

The retreat space at GLS was created to be a safe and supportive environment where you can unwind life-stresses and become available to new ways of being. Be prepared to relax, receive and absorb simple tools catalyzing the natural unfoldment of the awakening of your heart!

AS A BACKDROP

GRASS LAKE SANCTUARY
MANCHESTER, MI

This 145-acre retreat sanctuary & nature preserve is dedicated to life balance and connection. Enjoy rolling hills, wooded trails, organic gardens and food, a pond and overnight stays in cabins or bungalows.

HEALTHY MEALS & SNACKS
are included with the retreat fee.

DRESS:

Casual, comfortable, outdoor wear for August, including a bathing suit/towel, if you wish!

PRESENTATIONS

**AWAKENING OF THE HEART
and
THE WINDS OF CHANGE**

Brenda Morgan, Ph.D

**LOVE IN MOTION:
Trusting The Impulse Of The Heart**

Robin Brophy, BS

**FLIPPING THE SWITCH:
Easy Ways To Shift From Your Mind Into
Your Body And Heart**

Marnie Burkman, MD

LET'S GET TO THE HEART OF THE MATTER

Jim Dreyer, Owner, The Furniture Man

**TRANSFORMATIONAL LISTENING:
The Living Connection**

Tom Egan, M.Ed.

**EXPLORING YOUR EMOTIONS THROUGH
POSTURE**

Stephanie Fleming, BA, MBA

**DAZED AND CONFUSED... AND LOVING:
Being Human In An Imperfect World**

Matthew Gannage, BA

**FIREWORKS, SPARKS AND LIGHTHOUSES:
Exploring & Embracing Your Fiery Side**

Wendy Marlow, BFA

**OUT OF YOUR MIND AND INTO THE
PRESENT MOMENT**

Joanna Mills, BS, MA

**ANIMAL ATTRACTION:
Love The Animals, Love Yourself**

Jenny Lynn Santoro, Canine Leadership Trainer



RETREAT LEADER

Brenda Morgan, Ph.D., has gone through a spiritual change in which her direct perception and experience of reality has been permanently transformed. This transformation has deepened over the past 25 years, and has been called many things in the history of our planet, but the core of all descriptions includes the direct awareness that everything arises from the Mystery, the Unknown and Infinite Feeling that all is One. Her transformation brings deeper perceptions of reality and a broader vision of life and service to the Earth and humanity.

ABOUT THE PRESENTERS

Those sharing with you have observed that life requires an ever-deepening understanding of and relationship to oneself, the outside world, and Life itself. This transformative force allows for a spaciousness to arise when engaging their lives and leaves them innately available to the magical and creative expression that can arise from deep within their beings.



AWAKENING OF THE HEART

A 3-Day Summer Retreat

BEGINS:

FRIDAY, AUGUST 19th 9AM

ENDS:

SUNDAY, AUGUST 21st 5:15PM

FEES:

With lunch + snacks: \$395/person

With 7 meals/snacks: \$440/person

(when stay in cabin or bungalow)

PAYMENT OR DEPOSIT:

\$100 non-refundable deposit

\$395 or \$440 full payment

Overnight stays in cabins & bungalows
on Grass Lake Sanctuary are \$100 total
per night, maximum four per unit.

ACCOMMODATIONS/LODGING:

Contact: Patty Hart

Email: patty@everybodyhappy.net

Phone: 734-645-7251

MAIL REGISTRATION/PAYMENT TO:

Brenda Morgan, PhD

P.O. Box 130842

Ann Arbor, MI 48113

or pay online at movedbythelight.com

EMAIL :

(pre retreat information will be sent)