

# THE ART & PRACTICE OF RELAXATION

RESTORING YOUR ENERGY FOR LIVING

A Three-Day Immersion Retreat

Brenda Morgan, Ph.D  
Meditation & Retreat Leader

## **STRESS IS A BURDEN UPON BODY, MIND & SPIRIT.**

It becomes a hidden antagonist to living, holding your true expression, sharings and creativity hostage to its antics. This inability to truly live your life arises when the core of your being is thrown off-kilter by life events. It reflects a peculiar, anti-life disconnect that is active before any action or movement occurs. As it persists, this uneasy, anxious stance becomes automatic, a subconscious response entangled within all that you do.



## **THIS IS NOT HOW ANY LIFE SHOULD**

**UNFOLD.** Becoming aware of and releasing this anti-life mechanism and consciously starting fresh in every moment restores your energy for living. Discovering what nurtures and heals this tension-produced disconnect/subconscious rift allows life to nourish rather than exhaust you. Learning to do so is one of the True Arts of Living where proper use of the body mind and bodily wisdom unite. Then stress upon body, mind and spirit relaxes, allowing your life to open to clarity, stillness and peace, the true platform for engaging living.

**August 24th-26th**  
*Grass Lake Sanctuary*  
in Manchester, Michigan



**A VARIETY OF GENTLE**, supportive individual & group activities, meditation, and moments of self-reflection provide a calming space for your relaxation into living and being you, and letting stress become a distant issue in your past.

### RETREAT FEES

**\$395 Fee Includes:**  
*Retreat + 3 meals/snacks*

**\$440 Fee Includes:**  
*Retreat + 5 meals/snacks  
if stay at Grass Lake Sanctuary*

### OPTIONAL GLS LODGING

*Cabins or Bungalows  
\$100 total per unit per night  
(Maximum four people)*

**For Lodging Assistance:**  
Please contact Patty Hart  
Lodging Coordinator  
734-645-7251

### FRIDAY AUGUST 24th

6:15 pm

#### REGISTRATION

Arrive an hour earlier if you wish to relax, explore + connect to GLS.

7 - 9 pm

#### RELAXATION OF HEART, MIND AND BODY

What happens to your existence when the interplay between body, mind and heart become aligned. Special 'comfort' gifts for everyone, refreshments, mingling + music afterwards.

### SATURDAY, AUGUST 25th

9:20 am - 8 pm

#### EXPLORING + CATALYZING THE RELEASE OF STRESS AND THE MERGING OF BODY, MIND AND HEART.

Group + individual reflections, activities + movement, tools + insights for expanding the experience of being alive.

### SUNDAY, AUGUST 26th

9:20 am - 3:30 pm

#### EXPLORING THE HARMONIZING RHYTHM OF LIVING

Letting go of the burden of stressful living: body mind tools and heartfelt awareness. Learning to ignite and integrate who you are as a relaxed, stress-less presence in the world.



## Questions?

call (734) 494-0674

FOR FURTHER DETAILS + TO REGISTER ONLINE:

[www.movedbythelight.com](http://www.movedbythelight.com)

THE ART & PRACTICE  
OF RELAXATION:  
RESTORING YOUR ENERGY FOR LIVING  
*A Three-Day Immersion Retreat*

STARTS + ENDS

**FRIDAY** August 24th 7pm-9pm

**SATURDAY** August 25th 9:20am-8pm

**SUNDAY** August 26th 9:20am-3:30pm

FEES

**\$395:** Retreat + 3 meals/snacks

**\$440:** Retreat + 5 meals/snacks

for overnight stays at GLS

(Paid directly to Brenda Morgan)

PAYMENT OR DEPOSIT

- \$100 Non-Refundable Deposit
- \$395 Day Attendance
- \$440 Overnight Stay w/ Meals

PAY ONLINE

[www.movedbythelight.com](http://www.movedbythelight.com)

PAYMENT BY MAIL

Brenda Morgan, PhD

P.O. Box 130842 Ann Arbor, MI 48113

LODGING at GLS (optional)

Fees paid directly to Grass Lake Sanctuary

For more information contact: Patty Hart

Email: [patty@everybodyhappy.net](mailto:patty@everybodyhappy.net)

Phone: 734-645-7251

EMAIL

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(Pre-retreat information will be emailed)

Questions?

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