

# White Bear Heaven

## 2018 Summer Sweet Retreats

Friday, August 3 - Sunday August 5

Friday, August 24 - Sunday August 26



Summer is the season to luxuriate in the outdoors and reconnect with Mother Earth. To romp, have fun and play with your creative expression. To marvel at the wonders of fire, air, water and earth elements that intuitively fill us with ceremonial blessings. Join us and rediscover your natural loving nature.

At our 2018 **Summer Sweet Retreats** you can experience nature's bounty and share your appreciation and wonder in ways both new and old. Kick off your shoes. Walk barefoot on *homa* healed soil. Recalibrate your mind, body and spirit. You will relax into a new appreciation of you and for life itself.

Create your unique meditation inspired *Mala* necklace from lava stones, crystal, and wooden beads. Learn about the ancient practice of AGNIHOTRA *homa* to help heal Mother Earth. Sit under the stars by a majestic bonfire for an evening of storytelling. We all have a unique story to tell...right? Learn a few techniques to write it! Self-discovery is so essential.

## How Your Summer Sweet Retreat Weekend Unfolds...

Friday Evening (August 3 or August 24)

WELCOME to the BEAR HOUSE



Plan to arrive between 5 and 6 pm. Settle into your room and enjoy a welcome tea, wholesome mini sandwiches and snacks in the living room area. There is a shared refrigerator if you always like to travel with your own special snacks too. Get acquainted with the Center Staff and our other Retreat guests.

**7:30 pm: Official Welcome at the *Bear Cave*** (by the front gate). A sacred sage aura cleansing ceremony - if you like - will start natural healing energies.

Learn the significant value of the ancient *Agnihotra homa* fire ceremony. Discussion will include how fire energy heals the atmosphere and the mind.

Enjoy social time and the evening skies across the magnificent Ontario farm country before ambling back to the *Bear House* for a restful sleep.

**NOTE:** *At any time during the weekend you may want to discover one of the hay bales specifically placed to enjoy nature in meditative solitude.*

## Saturday Morning (August 4 or August 25)

**7:30 am:** Your continental breakfast will be ready. Gluten free muffins, a variety of breads, butter, goat cheese, marmalade, organic jams and fruit. Free range, small flock eggs, organic coffee, and organic herbal Linden or Lemon Balm tea will be available.

**An early riser?** Sunrise ancient fire ceremony of AGNIHOTRA *homa* at 6:14:03 am.



### AGNIHOTRA

**10:30 - 11:30 am:** Connect with Mother Earth in a guided one hour barefoot healing walk through farm fields, and trails of organic *Homa* healed soil.



## SACRED BAREFOOT WALK

At about 12 noon, a light lunch of nutritious vegetarian soup or bone broth and fruit (and perhaps a wee nap if desired) and two unique afternoon workshops will inspire you.

**1-2:30 pm:** *Heart lights up your treasure chest.* **Judy Watts BA**, published author, editor, college communications professor, global traveller and seeker of truth [www.emergingera.com](http://www.emergingera.com) shows you a simple writing technique. Your spirit of love, compassion and understanding are right there in every moment of life.

**3-6 pm:** Join us at the *Bear Cave* for our Mala making workshop facilitated by **Sharlene Dunk-Hayward** of *Serene Rock Garden*. Using beads formed by nature you will insightfully craft your own intuitive Mala necklace. Tea and “mmm” butter tarts (Midland’s specialty) will be served. Share the message with others about what inspired you to form your Mala art piece.



### TRADITIONAL MALA ART NECKLACE

**6:30 pm:** Dinner consisting of high protein salads and a vegetable stew awaits you - all organic, non-GMO, pesticide and hormone free ingredients, KETO and Vegetarian choices. After dinner, take time to walk, talk or find a place that invites you to turn inward and rediscover

how the magic you're beginning to recognize existing inside is reflected in the wonder of nature surrounding you.

Imagine it; draw it; write it; recall the synchronicities that reach out to remind you the sacred path is always there for you to follow. Why you have been sweetly urged to be here now.

Join us for our **Sunset AGNIHOTRA *homa*** ceremony at **20:35:34**

**Around about 9 pm:** Grab a cup of coffee, tea or cider or a glass of wine and join us by our country bonfire. Spend a relaxing evening of storytelling or just observe and listen.



### STORYTELLING UNDER THE STARS

Sunday Morning (August 4 or August 26)

**Breakfast ready at 8 am.**

As we conclude our unique weekend memories together, some essential oils - Aura protection - will be shared before you leave.

**Retreat officially ends at 11:30 am** to leave plenty of homeward journey time.

For further information call - 416-558-2554, email [whitebearhaven@outlook.com](mailto:whitebearhaven@outlook.com)

*A warm welcome to everyone who feels inspired to be part of the unique healing energy we feel everyday here, at our Bear Haven home. We love to share it...*

***Your hostess - Alda***

