

Summer Retreat at
Wiawaka Center for Women
led by **Louise M. Finlayson, Ph.D.**

The Art of Conscious Living

August 21-23, 2016 (Multi-day retreat)

Learn the transformational knowledge and skill you need to change your thought patterns, expand your self-awareness, and identify the mental habits that interfere with your sense of happiness and balance.



Set yourself on a path to living consciously through skillful self-inquiry, meditation, guided visualization, and heart-centered sharing.
Retreat begins at **9am on Sunday morning** and ends **early afternoon on the 23rd.**

Cost: Day-only retreat is **\$265** w/o meals, **\$215** if registered by July 21 (Meals may be added for an additional cost), Overnight retreat is **\$425** (includes meals), **\$375** if registered by July 21

To register, call 518-668-9690 Ext. 1 by July 21

For further information, please visit www.louisefinlayson.com or call 518-218-0707