

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](http://www.louisefinlayson.com) or call 518-218-0707