



# *Nourishing Body; Nurturing Soul*

## A Writing and Ritual Retreat

Friday April 5, 5pm - Sunday April 7, 1pm

This weekend offers a two for one unique opportunity.  
Come for the weekend or register for the Saturday workshop only.

**Brenda Peddigrew** will introduce and link the connection between body and soul on Friday evening and after the Saturday workshop. She will teach/lead with conversations and suggestions that deepen soul presence for individuals and the world. Meditation, writing, drawing, painting, resting, sitting in nature, and other experiences of exploring one's inner world and how it relates to the outer world will be the focus.

**Joan Weir** will offer her workshop, **New Science Wellness Strategies** (+ energy medicine healing practices), on Saturday, 9 am-noon. It will include information for any age, experiential energy practices, rituals, and generally a fun time while you learn new ideas for health and wellness.

Facilitators: Brenda Peddigrew, RSM (Friday – Sunday)    Dr. Joan Weir (Saturday morning)

\$400 private,    \$325 shared

**Loretto Maryholme Spirituality Centre**  
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To register, email [booking@lorettomaryholme.ca](mailto:booking@lorettomaryholme.ca), call 905.476.4013, or visit  
[www.lorettomaryholme.ca](http://www.lorettomaryholme.ca)