

2nd Annual Westerbeke Ranch Women's Healing Retreat

with Lori Furbush

July 13-15, 2012
Friday 4pm - Sunday 3pm
Westerbeke Ranch, Sonoma, CA



Nestle into the quiet, friendly refuge of Westerbeke Ranch and enjoy

Qigong • Tai Chi • Gentle Yoga • Meditation

\$525 (\$475 before March 31) includes two nights shared lodging, six gourmet meals, several hours of practice and discussion both indoors and outdoors, and free time to enjoy the gardens, labyrinth, pool, hot tub, and hiking trails. Practice will be gentle and soothing for all levels.

Soak in the blissful energy and emerge refreshed and inspired.

Contact: Lori Furbush
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Lori Furbush practices and teaches Qigong, Tai Chi, Yoga, Integral Energetics, and Reiki, and is the author of Elemental Moves: Simple Yoga and Qigong Practices Inspired by Nature. Since 2001, she has been leading group classes, private sessions, trainings, workshops, and retreats around the world. She teaches weekly in her private studio—the EnerQi Healing Arts Center—and in locations throughout Santa Rosa, Sonoma County, Northern California. Lori creates a relaxed, nurturing environment infused with healing energy where everyone is free to discover their own power and wisdom from within. There is no goal, no right or wrong—only the joy of the journey.

