

Simply Listening

two days to dive into the quieter whispers within —
simple movement, poetry, music, and reflection at Le Nordik

Here are your waters and your watering place.
Drink and be whole again beyond confusion.
Robert Frost

Are you thirsty to re-connect with your true self?

Spend two days in the company of poetry, silence, water, and body.

Thursday February 16 and Friday February 17, 2012

9:00 - 16:30

Boreal Room

le Nordik Nature Spa, Old Chelsea Quebec

Wear comfortable clothes. Bring yoga mat and cushion, bathing suit, robe, and spa deck foot wear. Or, if you would rather, outdoor clothing for a walk or a ski.

\$500 includes optional access to Scandinavian Baths, light lunch and refreshments

\$700 option to have a full retreat, join an evening coaching circle with Anne and sleep overnight in Le Nordik lodge with a light supper included (space is limited to 4).

By Invitation only.



annewright and associates inc
1093B Normandy Crescent

Phone: 613 226 2232

E-mail: annewright@sympatico.ca

Walk around feeling like a leaf.
Know you could tumble at any second.
Then decide what to do with your time

Naomi Shihab Nye

Registration Form

Simply Listening

Thursday February 16 2012, - Friday February 17 2012

9:00—16:30

Boreal Room

le Nordik Spa

16, chemin Nordik

Old Chelsea,

Québec J9B 2P7

info@lenordik.com

www.annewright.ca



Your Name: _____

Address: _____

Postal Code _____

Email: _____

Daytime telephone: _____

Skype address: _____

I am paying \$700 (incl HST) for the two days and an overnight stay and coaching circle at le Nordik Lodge

I am paying \$500 (incl. HST) for the two days and I will commute from elsewhere

What draws you to this experience?

Do you have any special food or mobility needs or preferences?:

Yes____ No _____ Particulars:

To guarantee your space, please return this form with your cheque for full payment by no later than January 20 2012

email transfers accepted
cheque made out to Anne Wright and Associates and mailed to
[Anne Wright and Associates Inc](mailto:Anne.Wright@lenordik.com)
[1093B Normandy Crescent](http://www.annewright.ca)
[Ottawa, K2C 0L9](http://www.annewright.ca)

Cancellation Policy: Cancellations up to February 2 2012 will receive a full refund minus \$50 processing fee. Thereafter, no refund will be provided.