



Forgiveness

a Heart Spa Retreat for Women

Treat yourself to a retreat experience for the Heart! It's a time to relax, to make connections, and rejuvenate your spirit. This is an intentional Christian retreat experience designed to facilitate the personal growth of women as they discover how to let go of the ties that bind them through the act of forgiveness. Gift yourself with a day away to name and claim issues, circumstances or relationships that need to be healed through forgiveness. Participant's growth will be nurtured through group sessions, guided reflection exercises and private reflection times.

Facilitator Michelle Jensen is a counselling therapist in private practice. Michelle is passionate about helping others achieve personal wholeness and inner freedom to be who they were created to be.



**6:30 pm Friday, March 9
to 4:00 pm Saturday, March 10**

Cost : \$159.00

Retreats include Friday night accommodation and breakfast & lunch on Saturday. Limited to 8 participants per session. Register early to avoid disappointment.

To register call: 780-459-5511

Star of the North Retreat Centre

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