

# Making Peace with the Self

## *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 a guided Christian retreat experience intended to facilitate the personal growth of women as they seek to let go of unhealthy beliefs about the self so they may fully engage in the life they were created to live. Gift your self with a day away to renew your mind, heart and Spirit and learn to embrace the beautiful woman you are – you are closer than you think to living life with personal peace. 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, May 4  
to 4:00 pm Saturday, May 5**

**Cost : \$159.00**

*Includes 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**

**3A St. Vital Ave. St. Albert, TSN 1K1**

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