



WINNIPEG HOLISTIC  
EXPRESSIVE ARTS  
THERAPY (WHEAT)  
INSTITUTE



## A Mindfulness Retreat for Deepening Your Meditation Practice While Dropping into Nature's Sacred Silence with Tereza Gomes

This retreat will offer you a space to drop into the silence of your own sacred being. On Day 1 you will receive teachings and will be guided in the practices of breath, body, and working with emotions. We will also do walking and eating meditations so that we can integrate the essence of these practices into our daily life. On Day 2 we will invite the body to move through the use of breath, sound, and music. As we attend to and follow the rhythm of the body we will cultivate the skill of witnessing, befriending and delighting in our bodies.

Register early! Enroll as part of WHEAT's new **Rivers of Solidarity Art and Expressive Arts Therapy Diploma** or **Rivers of Solidarity Expressive Arts Certificate** programs, or as a drop-in for personal or professional development.

Price  
**\$150**  
/ Person

(+ optional room  
and board)

### Room and Board Option

- ✓ Shared accommodation at either Painted Sky Studio or in a cottage in the community is available for \$75 + tax per night
- ✓ Healthy, delicious, vegetarian, home cooked meals are available for \$75 + tax per day (this includes breakfast, lunch, dinner, snacks, and hot and cold beverages)
- ✓ Food sensitivities will be accommodated

### Dates



Saturday, September 3, 2022 10 - 4 PM  
Sunday, September 4, 2022 10 - 12 Noon

### Location



Painted Sky Studio in St. Laurent, Manitoba  
Beautiful, tranquil, lakefront location!

Register through Stephanie at [info@wheatinstitute.com](mailto:info@wheatinstitute.com)  
Questions? Contact Tereza Gomes at [terezagomes09@gmail.com](mailto:terezagomes09@gmail.com)