

ONE DAY WELLNESS RETREAT

DE-STRESS * REJUVINATE * TRANSFORM



Come join Diane M. Renna for a One Day Wellness Retreat at Gurney's Inn in Montauk. Relax and enjoy the ocean view, breeze, and overall peacefulness of Gurney's as you de-stress and rejuvenate yourself.

Many find themselves over-burdened with life and often neglect themselves. It is important to take time for yourself; when you do so, you have more energy and are able to cope better with whatever life throws your way.

It is time to awaken and experience THE POWER OF YOU. Discover ways to fill your life with self-love, gratitude, serenity, and understanding ~ the person you were meant to be!

When: Sunday, April 22, 2012 (Earth Day)

Time: 11 a.m. – 5 p.m.

Where: Gurney's Inn & Resort ~ 631.668.1717
290 Montauk Hwy, Montauk, NY

(Discounted rooms are available if you are interested to enhance your YOU-TIME with a night out and/or spa experience-call above)

Fee: \$125 includes lunch, snack, handouts, and book with FREE online environment access

Registration: www.indigoimpressions.net



Workshop Overview: We will be engaging in fun and uplifting activities ... light stretching and yoga; guided meditations & visualizations; self reflection exercises with journaling question; discussions; surrender & release exercises; creating a vision board and other unique ways of tapping into *your* child within. Wear comfortable clothes; yoga mat optional.

Diane M. Renna is a Reiki Master Teacher, child advocate, and the author of "Meghan's World: The Story of One Girl's Triumph over Sensory Processing Disorder" and "In the Light of God's Love: A journey to acceptance, self-discovery, spiritual truths, and healing." She creates fun & informative classes for children, parents, & families. She often works with other agencies to promote wellness.

**Giving inspiration & hope to families living
in an over stimulating world.**

Be the change you want to see in this world.

~ Mahatma Gandhi

Indigo Impressions LLC
Diane M. Renna, Owner/President
Reiki Master Teacher, Child Advocate, Author
family oriented & parent learning programs & workshops

Ph 631.926.8572 Fx 631.325.1085
PO Box 501, Speonk, NY 11972

WWW.INDIGOIMPRESSIONS.NET

