



Mindfulness in the Labyrinth ~ A Retreat by the Sea

September 8—14, 2019

Cape View Motel and Cottages, Mavillette, NS, Canada

Retreat Fee: \$1650 CDN*

With every wave that washes over the sand, a new story emerges in what is left behind. Explore your personal story with time spent by the sea. This is an opportune place to come to quiet, practice mindfulness and explore your creativity. This week-long labyrinth by the sea retreat on the expansive Mavillette Beach in Nova Scotia offers you the chance to be inspired, re-discover your creativity and connect with your personal path.

Highlights of the week:

- learn about the labyrinth and its role in today's world
- daily gatherings on mindfulness meditation
- walk hand-drawn labyrinths on the seashore
- traditional Indigenous blessing and teaching on Native spirituality
- contemplative time by the sea and surrounding area
- art journaling and/or poetry writing
- Acadian storytelling

About our facilitator: Susan Kehoe has designed and facilitated retreats for more than 20 years, and is a trained spiritual director and Veriditas labyrinth facilitator with a particular interest in contemplative practice, whether it is centering prayer, mindfulness meditation, yoga or organic gardening.

About our Indigenous Elder: Leland Surette is a Métis spiritual leader and carrier of the sacred pipe. He is a prominent speaker on Native Spirituality at Indigenous and non-Indigenous events and functions across Canada and the United States.

***Retreat Fee: \$1650 CDN ~** Register for retreat via Eventbrite using this link: <https://tinyurl.com/ybvhwor>. Payment is subject to an additional credit card service fee. Includes: 6 nights accommodation at Cape View Motel & Cottages, breakfasts, dinners, retreat fees and an Acadian Interpretative Centre excursion.

Contact Grace: For more info on registration and fees: **Email:** grace@pathadventures.com

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Susan Kehoe
Retreat Facilitator &
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Leland Surette
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