



Creating a *Nourishing Life*

That loves you back!

Thank you for your interest in our Winter 2011 Nourishment Retreat! Here is the outline of how the day will go:

9:30 Registration/Cup of tea

9:50 Introductions/Opening Activity

10:30 Session 1: Food demos—*The foods that love you back and the ways you love to eat them: A food demo featuring delicious and simple ways to enjoy the foods that truly love your body back. We'll also be making Nourishing, grain-free pizzas! We will enjoy all of the food demos and prepared as part of our lunch feast!*

11:15 Session 2: Developing a Healing Relationship with Our Bodies: Part 1—*Listening to our body's innate intelligence can be a powerful portal to healing. Jemila and Carrie facilitate body awareness exercises that allow for deeper insight into our bodies and help in developing a loving relationship with our bodies.*

11:45-1:00 Lunch/Sauna Time/Complete "Exercise 2"

1:15-1:30 Regroup and Sharing

1:30 -2:00 Session 3: Be Your Own Action Hero: *Becoming the hero of your healing story may seem out of reach; but it is essential frame of mind to be in when you embark on living the Nourishing Life. Jemila facilitates activities to bring us deeper into this state of being.*

2:00- Bathroom Break

2:05- 2:30 Closing & Wrap-Up