

# EXPLORING THE ELEMENTS RETREAT

A ONE-DAY SACRED YOGA, SHAMANIC HEALING, & SOUND  
RETREAT IN THE FOREST OF CHESTER, CT

**SUNDAY, AUGUST 11TH, 2019 AT THE SOUND RETREAT**

**9AM - 4PM**

WITH LIZZY McDONALD AND CHARLOTTE PECQUEX

Come explore the sacred elements: earth, air, fire, and water through guided meditations, sacred yoga, shamanic healing, and a sound bath at The Sound Retreat, a peaceful nature sanctuary at the edge of the Connecticut State Forest. Ground yourself deeply, feet in the earth. Breathe the fresh forest air. Ignite your inner fire. Cleanse your spirit with sweet, spring water. High-vibe lunch included.



## BOOK YOUR SPACE:

\$165

Venmo\*: @lizzymcdonald  
Paypal\* paypal.me/lizzymcdonald  
[www.lizzymcdonald.com/offerings/retreat](http://www.lizzymcdonald.com/offerings/retreat)

\*Please note payment is for "Retreat"

## ITINERARY:

9:00AM Opening Ceremony  
10:00AM Shamanic Journey  
11:00AM Sacred Yoga Workshop  
12:30PM High-Vibe Lunch  
2:00PM Sound Bath  
3:00PM Closing Ceremony  
4:00PM Optional Field Trip to Lake

## QUESTIONS AND INFO:

Reach out below!

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OR

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[www.charlotterises.com](http://www.charlotterises.com)



THE SOUND RETREAT: 96 CEDAR LAKE RD, CHESTER, CT 06412