



Writing & Mindfulness Weekend Retreat

*Eramosa Eden Centre
Eden Mills, Ontario*

"...it is natural for the soul to pause, to listen, to wonder. Only the soul in us has the time to listen deeply."

*--Roger Housden
in "Ten Poems to Open Your Heart"*

Time to listen deeply is what every writer needs. A weekend retreat is an opportunity to pause mindfully and nourish our writer's soul with guided meditation, writing

exercises, vegetarian meals, solitude, and the company of other writers.

Eramosa Eden Centre is located on 11 acres of woods bordering the Eramosa River with places to walk, write, or sit and enjoy the beauty. There is room for a few people to stay over on couches or in the rustic Tree House, or it's a short distance from Guelph for those who prefer to commute.

June 21-23, 2019

(Friday dinner to Sunday lunch)

\$325 +HST until May 1

\$350 +HST after May 1

(Add \$50+HST for staying over)

Melinda Burns, MA. is a writer and psychotherapist in Guelph who has been leading groups in writing and creative process for over twenty years.

For information and registration, contact

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