

WINDING ROOT ENERGY  
PRESENTS

# REFLECT

## NATURE & WELLNESS RETREAT

PAOLA, KANSAS

**SATURDAY OCTOBER 27TH, 2018**

**4PM-8PM | \$55 PER PERSON**

**INCLUDES A MEAL AND WINE TASTING, MUST BE 21 AND OLDER**

**ORANGE MOON APOTHECARY AND FARM, 31622 OAK GROVE RD. PAOLA, KS 66071**

Join us for a special evening retreat into nature as the day welcomes the night. This Autumn event will be a guided nature-based journey filled with gratitude, letting go and setting intentions for living your best life.

### **Your Experience Includes:**

- A Light Dinner
- Guided Mindfulness Activities
- Fireside Meditation
- Celebratory Wine Tasting
- Guided NatureProcess® Moonlit Hike/Walk

Enjoy this time with friends or on your own to deeply connect with nature, find balance and welcome your inner fire. This will be a transformational evening under the stars!

*\*The NatureProcess® is a simple way of deepening your connection to nature by experiencing nature through the senses.*



**Beverly McAuley** is the owner of Winding Root Energy, a certified facilitator of The NatureProcess® and a graduate of CoreStar Energy Healing School. Beverly weaves Nature, and its healing properties, into her meditation and healing practice. This technique helps bring her clients to a deeper state of connection and calm.



**Vickie Vetter-Scruggs** is the owner of Orange Moon Apothecary and Farm which offers hand-made, herbal skincare that is simple, safe and earth-friendly. Vickie also serves on the Board of Directors at the Arukah Institute of Healing, is a certified facilitator of The NatureProcess®, an herbalist, bee-keeper and an organic enthusiast.

CONTACT [BEVERLY@WINDINGROOTENERGY.COM](mailto:BEVERLY@WINDINGROOTENERGY.COM) FOR MORE INFORMATION.

REGISTER TODAY AT [WWW.WINDINGROOTENERGY/EVENTS](http://WWW.WINDINGROOTENERGY/EVENTS)



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