

**HOW WOULD YOU LIKE TO BE EATING YOUR BREAKFAST
LOOKING OUT ON THIS MAGNIFICENT VIEW?**



**ANOTHER VERY SPECIAL SPIRITUAL RETREAT AMIDST THE
BREATHTAKING SCENERY OF THE BEAUTIFUL CORNISH COAST**

WITH CHRISTINE KING AND BERNADETTE KING



Set in 9 acres of its own cliff-land grounds

Located in a tiny village near to Boscastle and Tintagel

Conference room with panoramic views across the Bay

Tea and coffee - making facilities and T.V. with free-view channels in all rooms

Vast and varied library with music system T.V and DVD player

Twin, double and single rooms No single supplement. Licensed bar.

**THE CENTRE HAS BEEN BOOKED EXCLUSIVELY FOR OUR GROUP BUT YOU WILL NEED
TO BOOK EARLY BECAUSE THERE ARE ONLY 9 ROOMS AVAILABLE. A SMALL DEPOSIT
RESERVES YOUR PLACE**

AUTUMN RETREAT IN CORNWALL –A LOVELY TIME TO VISIT

"October gave a party, the leaves by hundreds came-the Chestnuts, Oaks, and Maples and leaves of every name. The Sunshine spread a carpet and everything was grand. Miss Weather led the dancing, Professor Wind the band."

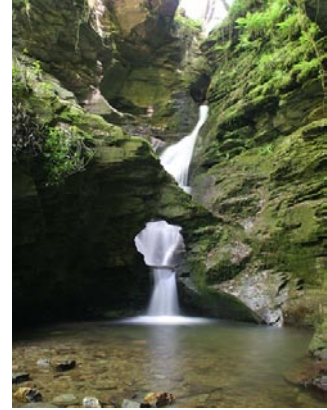
- George Cooper, *October's Party*



YOUR SACRED CONNECTION

**A SPIRITUAL RETREAT
IN BEAUTIFUL
CORNWALL**

**THURS – SUNDAY
7-10TH OCTOBER**



On this retreat we will be using various practices and tools for transformation including the beautiful surroundings of Nature, to tune in to the Spirit of Oneness. The One Life Force permeating all existence connects everything in this Universe and when we are in harmony with it, we are in harmony with all life forms. This is our Sacred Connection. The powerful elements of Earth, Fire, Water Air and Spirit are very evident in Cornwall and at this time of year the landscape with its ancient Arthurian myths, takes on a mystical and almost ethereal quality, which makes it an ideal place for us to connect with these energies The daily workshop programme includes

OUR SACRED CONNECTION TO ALL LIFE ♥ COMMUNING WITH THE SPIRIT OF NATURE ♥ BALANCING THE 5 ELEMENTS WITHIN US ♥ WORKING IN HARMONY WITH THE CHANGING EARTH ENERGIES ♥ THE SPIRITUAL LESSONS FROM WATER ♥ LIVING YOUR SOUL'S PASSION ♥ THE PATH OF THE SHAMAN TO HEAL AND AWAKEN INNER GUIDANCE

The programme also includes group healing rituals to facilitate transformation and deepen our spiritual connection and powerful morning and evening inner journeys and meditations with Christine plus a free one to one holistic therapy treatment with Bernadette. Also included are Bernadette's yoga practice classes which include chakra balancing and sacred chants and are suitable for everyone and all levels, advanced and even beginners or those with restricted movement. (these practices can even be done sitting in a chair!) The word Yoga means "union" and its effects go far beyond the physical. Its purpose is to integrate mind, body and spirit, thus uniting us with our Sacred Self. There will also be time for fun,laughter and optional trips out.

This is a residential retreat set in fantastic surroundings. All your 3 nights accommodation is included. (no need to hunt around for B&B's) Shared and single rooms available with a choice of continental or full cooked breakfast with vegetarian option. Apart from your free one to one holistic therapy session, Bernadette will also be available for further additional holistic treatments throughout the retreat. A full list will be sent with your booking. Tea, coffee, cold drinks and biscuits are all included in the workshop breaks.

Extras: Your transport to and from the Centre., pick up from the station. Optional trips out,entrance to sites, additional holistic treatments with Bernadette, additional drinks, snacks, lunches and dinners.

Two-course delicious home –cooked evening meals available for £10 per person. Packed lunches from £5. Special diets and vegetarians catered for

Order form and other details below

EARLY RESERVATIONS ARE ABSOLUTELY ESSENTIAL AS THERE ARE ONLY 9 ROOMS AVAILABLE SO IF YOU WANT TO COME PLEASE RESERVE YOUR PLACE NOW.

JUST £45 DEPOSIT RESERVES YOUR PLACE.

The retreat begins on Thursday early evening around 5 pm and finishes around 3 pm on Sunday, so in order to enjoy the full programme we suggest that you travel down earlier on Thursday. If you are travelling by train, the retreat centre can arrange transport for you to be picked up at the station. If a few people are travelling by train, the pick up cost can be shared and will work out far cheaper than taking a taxi or it may be possible to car share with someone who is going by road.

It is also possible to be picked up if you arrive late Thursday night. Or if you can't get away until really late, there is also a sleeper train that travels from London and arrives at Bodmin Parkway around 7.30/8am on Friday morning. If you are only able to come later on the Friday please let me know. If required there are also opportunities to stay the night on Sunday if you want to extend your stay. Please ask for details of various options. The order form is shown below. Cheques are payable to Christine King.

There are two payment options, pay a deposit of £45 per person (non-refundable) to reserve your place with a balance of £280 before 20th September (total £325) which includes 3 nights bed and breakfast accommodation, full workshop programme with Christine and yoga classes with meditations and chakra balancing with Bernadette, plus a free one to one 35 minute holistic therapy session.

Or save £30 by paying in full before the Early Bird date of 13th September and the cost is £295. (This includes the £45 deposit to reserve your accommodation)

ORDER FORM SPIRITUAL RETREAT IN CORNWALL THURSDAY 7TH TO SUNDAY 10TH OCTOBER

Name.....Tel.....Mobile.....

Address.....

E-mail.....

I enclose a non refundable deposit of £45 per person to reserve place(s) Total enclosed £..... and

agree to pay the balance of £280 before 20th September.....(signature)

Or SAVE £30 by paying the Early Bird price of £295 before 13th September.....this includes the non-refundable deposit.

The deposit has to be non-refundable because it will be used to reserve your accommodation. Cancellations received less than 14 days prior to departure are non- refundable but can be credited towards future workshops less the deposit of £45

PLEASE FORWARD CHEQUES TO CHRISTINE KING P.O.BOX 89 LONDON SE3 7JN Tel: 020 8305 2317

Christine e-mail: infinitekristy@hotmail.com www.metaphysicalsociety.com

Or contact Bernadette on 020 853 5944 member@bernadette52.freeserve.co.uk
www.peacefulpractice.co.uk