

Natural Awakenings Programssm

www.NaturalAwakeningsPrograms.com

Weekend workshops for individuals and couples in a setting of natural beauty

April 30 - May 2, 2010

"Happiness is a personal experience!"

Understanding ones own methodology increases ones knowing that happiness is an internal experience not an environmental experience. Learn how to reclaim and "be" your own happy!

Friday 7 p.m. - Sunday 3 p.m.

\$ 285.00 Individual, \$ 500.00 Couple and pairs (financial considerations may be arranged)

Includes all meals, light refreshments, snacks, accommodations/parking

Upon enrollment a detailed "Camp List," check-in/out procedures etc. will be provided

Workshop details:

Friday evening will include acclimation and introductions. Meet the place and meet the people. Michael and Brenda will present several exercises to familiarize the participant with the process. The exercises are designed to enhance inner awareness, self acceptance, learn effective thinking based on accurate information and release pent up emotions. Even though the formal beginning isn't until 7:00 p.m. participants are welcome to arrive early, enjoy the setting, and get to know each other.

Saturday will be comprised of group activities and individual time. The experiential activities will include meditation, breath work, psychodrama, giveaway ceremony, and an introduction to self-searching exercises. We will have at least 2 hours of free time to hike, fish, canoe, photograph etc. Evening session will be held fireside and will conclude with a traditional Native American giveaway ceremony.

Sunday will include further time in one's own inner sanctum. Closure and refilling the cleansed aspect of one's being is a formal process. Participants will be instructed on how to protect the work accomplished.

LOCATION

Horseshoe Lake Park & Retreat
10800 E. Hwy. 318 • Fort McCoy, FL 32134-8497
web site: www.marioncountyfl.org/Parks/Pr_ParkDirectory.aspx

REGISTRATION

\$100. deposit, check payable to Michael Rebel
Mail to: Michael Rebel, LMHC
2141 NE 2nd. St., Ocala, FL 34470

Workshop leaders: Michael Rebel, LMHC #MH3532 and Brenda Heim, Artist, Co-leader

For more information about the Natural Awakenings Programssm, facilitators or suggested reading prior to workshops visit:

www.NaturalAwakeningsPrograms.com

or call Michael 352-625-1836 between 8 - 10 am or 9 - 10 pm or Brenda 352-357-4838

Michael's Blog: www.NaturalAwakeningsPrograms.com/blog

do something different!