



Nourishing the Soul

A Retreat
At Wellspring Spa
November 8-10, 2013

*Cultivate space for your Self.
Connect with the powerful wisdom Within.
Celebrate the gift of your spirit Alive in this world.*

A weekend retreat with Kim Ebert-Colella and Melode Brewer

Using the natural beauty of Wellspring, Kim and Melode will help you to reconnect with the magnificence of your own soul. Thoughtful presentations and group conversation will be balanced with time to just Be. Time will be available to indulge yourself in exploring the one-mile Meditation Trail, Woodland Labyrinth and the Outdoor Sanctuary. This is a perfect opportunity to nourish yourself.

This very special weekend begins with check-in on **Friday, November 8, 2013 at 3pm** at Wellspring Spa. Wellspring is nestled in the woods at the foot of Mount Rainier. Cost for the retreat and all meals is \$345. Early Bird Registration, if registered by October 1, 2013 is \$295.00. Five incredible, organic meals will be prepared specifically for the group by a gourmet chef. There is an additional cost for lodging. Lodging prices are as low as \$39/night for shared loft sleeping. Other sleeping options include cabins and rooms ranging from \$95—\$195/night. Spa services are available for purchase at very reasonable prices. More information can be found at www.wellspringspa.com

Kim Ebert-Colella is a spirit doula. Her mission is to help others to birth their spirit more fully into this world. She received her B.A. from the College of St. Benedict, a M.A. in Spirituality from Seattle University, and has been a Licensed Massage Practitioner in the Tacoma Area for 25 years. Through her practice, Body Sacred, LLC she uses coaching and therapeutic massage to help her clients connect to the sacred within. Kim was the 2010 Laureate of the Greater Tacoma Peace Prize.

Melode Brewer has been a devoted yoga practitioner for over twenty-five years. Trained to work with all skill levels, Melode approaches each student as an individual, meeting them where they are in their life at that time. Melode specializes in work with cancer and cardiac patients, supplementing their traditional treatment, and helping them live life to the fullest both spiritually and physically.

To Register, complete this form and send it with your registration fee to the address below.
Registration Fee: By Oct. 1, 2013 = \$295.00 Registrations received after Oct. 1, 2013 = \$345.00

Name: _____

Address: _____

Phone: _____ Email: _____

"When a woman conceives her true self, a miracle occurs and life around her begins again." ~Marianne Williamson

