

# Peaceful Weekend Retreat

*Open to Everyone • Led by Anne Mascelli*

**February 19 - 21 (Friday eve to Sunday afternoon)**

- Honor the quietness of winter in yourself
- Create nourishing ground for new ideas & inspiration to be born
- Discover what is “under the snow” for you, waiting to blossom in the next season of your life

## Enjoy the Peaceful Practices™

- Simple Qi Gong & Yoga Stretches
  - Easy Breathing Practices
  - Guided Relaxation
  - Self Massage
- Quiet Reflection and Meditation

This retreat will be a combination of movement and stillness, sharing and silence, guided activities and free time. Give yourself this gift of time away from the stress and busyness of daily life to renew body and soul.

Enjoy personal time for rest, reflection, and walks in the woods, as well as shared group activities and meals. *No experience is necessary, everyone is welcome.*

Our setting will be the *Hartman Retreat Center* in Milroy, 25 miles east of State College.

Sponsored by

**MT. NITTANY  
INSTITUTE OF  
NATURAL HEALTH**

Visit us at: [mtnittanyinstitute.com](http://mtnittanyinstitute.com)



### **Friday eve February 19 – Sunday afternoon February 21**

Begins with light supper Friday at 6:00pm and/or 7:30pm gathering and ends Sunday at 3:00pm

Retreat Cost: \$175

Early Registration Discount (if paid by January 30): \$150.

Fee includes accommodations, lunches and dinners, and all program activities and supplies.

**To register or for more information, call Mt. Nittany Institute at  
814 238-1121 or toll free 877-687-0748**