

Presenting
The Three R's Retreat



At

Down By The River Bed and Breakfast

Saint David, Arizona

January 13-15, 2012

As this year is ending and the next is beginning, gain knowledge and insight into how to make a fresh start in the new year.

Release the old energy that no longer has a place in your life to reclaim your joy as you meet the new year.

Renew your resolutions by building positive energy and momentum to create your life moving forward while finding methods of support to assist you on your journey.

Presented By

Robin Knapik LPC, MA

As a counselor for ten years, Robin has a private practice, Blooming Hearts LLC and works at Cottonwood de Tucson. She specializes in forgiveness, grief and loss, and relapse prevention. With her kind and gentle way, Robin facilitates Women's groups with loving support. Her participation is sure to benefit this retreat.

Tammy Malak NCTMB

With fourteen years of experience in healing energy work and massage therapy plus her personal journey, Tammy has real insight in the healing process. She owns Miracles Healing Center LLC in Vail, AZ. and brings a genuine excitement about this weekend.

Angie Hug BS

Angie has been practicing Reiki for the past seven years. She is a Reiki Master and also Level 1 certified in Spring Forest Qui Gong. Angie is co-owner of Down By The River Bed and Breakfast in St. David, AZ and is eager to add her energy to the affirming energy of the retreat.

Cost

Early Bird Special - \$185 per person until Dec 10; then \$195 per person; includes 2 nights at Down By The River, 3 meals for Saturday and 1 on Sunday morning. Cut off for sign up is January 11.

Space is limited and the non refundable charges are due at the time of registration. Please call for reservations 520-720-9441.

For more info go to <http://downbytheriverbandb.com/events/specials/>