

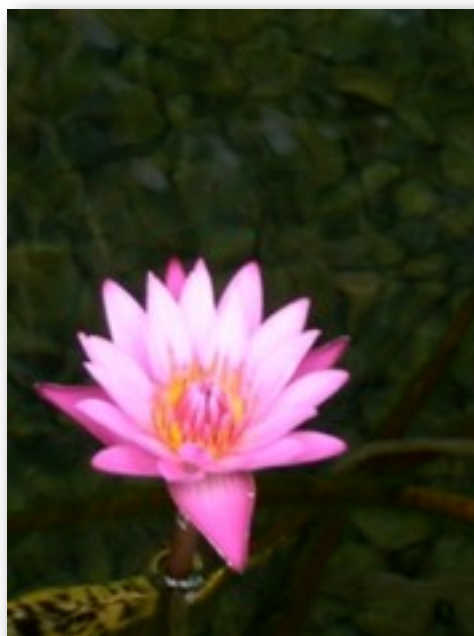


# AWAKENING THE

NIA  
DANCE

SOLO TIME

NATURE STUDY -  
BIRDS, and  
medicinal  
PLANT walks..



"SPIRIT"

NATURE  
AWARENESS

MUSIC  
DRUMS (bring yours)

Swimming in Lake!

Tai Chi

GIVE AWAY  
CEREMONY

*Use the power of dance, music and nature, to connect  
with yourself, others and the earth.*

*Participate to whatever level you feel comfortable.*

**BLUE RIDGE MOUNTAINS** sugar hollow retreat ([www.sugarhollowretreat.com](http://www.sugarhollowretreat.com))

*june 25-28th 2009 - (thursday evening to Sunday afternoon)*

*\$435 per person includes meals and lodging at Sugar Hollow Retreat  
Space limited. min 12 people limited tent space \$385 registration by May 31st.*

Questions and registration contact Dingo Brown [dingo@brlc.org](mailto:dingo@brlc.org). 828 9645734.  
Please put "Awakening the Spirit" in subject line. Nia Dance [www.NiaNow.com](http://www.NiaNow.com)