

September 26- October 2, 2021

# White Mountain Residential

Ortho-Bionomy New England



Sent from my iPhone



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Come for renewal, learning and profound experience

# Some Details:

## Retreat Lodge at Camp Marist

Located on Lake Ossipee in Freedom, NH we are right on the water surrounded by woods and mountains. With a fire pit out front by the water we will have the lodge to ourselves for class, dining and relaxation. A large open kitchen and dining area will provide space for meal preparation. You can eat at the large dining table or take your meal out to the lawn, sitting area or pack it for a hike. Breakfast and lunch you cook for yourself and dinner will be prepared for us. Individual rooms are simple but lovely with twin bed, sink, closet and beautiful views. Bathrooms are shared but there are several. In this beautiful environment learning Ortho-Bionomy is expansive and peaceful. Your work will deepen and grow. Afternoons will include some down time where you can go for a walk, a paddle or a nap.

**Cost is \$1,900. \$400 non-refundable deposit holds your spot. Payment plan is available. Space is limited! New England community registration open. Registration opens to everyone 6/15/2021. Prerequisite 2 Ortho-Bionomy workshops or permission from Instructor.**

**Contact: Advanced Instructor Cynthia Wood for more information. [cwood.p@gmail.com](mailto:cwood.p@gmail.com) (617)678-8920**

You will study with Cynthia (director of Ortho-Bionomy New England) and Advanced Instructor Sheri Covey, director of the Rocky Mountain School of Ortho-Bionomy. Sheri is a leader in Ortho-Bionomy where she is known for her sophisticated understanding of the body's reflexes and the many unique classes she has developed. Cynthia and Sheri have been friends and collaborators for many years. They bring different backgrounds and discoveries to the classroom. They meet in their love for Ortho-Bionomy and their commitment to supporting and empowering students.

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Okay, so the pictures were taken from my old phone on a cloudy day. You can imagine a lodge on a lake in the mountains in fall when the crowds are gone and the sun is still warm. The loons are singing, turtles nap on rocks and an eagle soars over head. This lake is my favorite spot on earth. The lodge seems fairly new and very clean. It was built as a place for Marist brothers and others to gather for retreat, connection and inspiration. This is a place to let your body open and your heart expand. You'll leave with experiences you'll always remember and skills that will deepen and expand your work. Come play!



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