

Farm of Peace Wellness Center

Wellness Getaway!

Friday-Saturday

2019: Nov. 1-2 · Dec. 6-7 ~ **2020:** Jan. 3-4 · Feb. 7-8 · Mar. 6-7 · Apr. 3-4

Take time to care for your body, mind, heart and spirit in the Farm of Peace Wellness Center's monthly Wellness Getaway.

Enjoy the beauty and serenity of this special place. This affordable program is open to all.

Receive therapeutic treatments from experienced practitioners in variety of modalities including spiritual healing, lymph drainage, acupuncture, cupping, therapeutic massage, healing through writing, relationship coaching and more.

Dinner is served on Friday at 6 p.m. We invite you to bring a dish to share. Enjoy a group teaching in the evening and spend the night at the IPC retreat center.

Saturday morning begins with a yoga class, followed by breakfast, then a meditative practice, a group teaching session on Writing from the Heart; then lunch and a group healing.

Pre-registration is required. Please register early, as rooms fill up quickly.

Payment: healing sessions are by heart donation to your practitioner. Lodging is by heart donation (\$30 - \$60 recommended range); give as your heart guides you.

More information: farmofpeace.com/wellness-center

Register/information: Call Na'ima at 240-313-5373 or Jamila at 240-441-8715

Farm of Peace ~ 1212 Haven Lane ~ Warfordsburg, PA 17267

