

# RELEASE and BALANCE

A ONE DAY RETREAT  
March 31, 2010

at Five Oaks Centre,  
1 Bethel Road  
Paris, Ontario



Join us and experience an afternoon and evening of movement, meditation, and spirit drumming. There will be Qi Gong moving meditations, a Labyrinth walk and Spirit drumming. Spring Equinox is the perfect time of the year to release and bring balance into our lives. We will begin at 12 pm with registration and finish with a drum circle around the fire by 9pm.

Our Introductory Low Price of \$60 for full day including dinner ...

or ... \$20 for evening Activates and Drum Circle

## Facilitators Information:

**Eilleen Yorysh** is a Qi Gong Instructor, Certified Facilitator Tai Chi Easy, Tai Chi for Diabetes, Past President of the Canadian Taijiquan Federation, Aromatherapist, Recognized Therapeutic Touch Practitioner, -Member of Therapeutic Touch Network Teachers Collective. Artist Blacksmith, Hospice volunteer and lecturer for more than a seventeen years with Woolwich Hospice and a long time member of Canadian Organic Growers. Eilleen has many decades of experience with movement classes. Other interests include nutrition and food storage, ritual, swimming, drumming, quilting and spirituality.

Contact Information:



Eilleen Yorysh

1786 Sawmill Road,  
Conestogo, Ontario

Tel. (519) 664-3648. [eilleenv@rogers.com](mailto:eilleenv@rogers.com)

**Sue Shearer:** I have a passion for drums and percussion. I have facilitated Drum Circles since 1999, studied African Drumming and Dance from the masters in Guinea West Africa, and provided various drumming and rhythm programs for adults and youth. I practise Reiki, Matrix Energetics and Hypno-Kinesiology. I also have education in Therapeutic Touch and Spiritual Development. I have a Social Services Worker Diploma and worked in the fields of mental health and developmental abilities for 13 years.

Contact Information:



Sue Shearer

Clinton, Ontario  
519.573.2536

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Please Registration to by March 15, 2010 with Eilleen Yorysh