



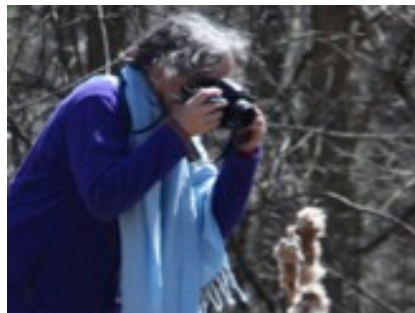
## Thriving Through Transition with Presence: A Weekend Retreat of Mindful Drumming, Photography & Meditation

Saturday, September 23rd, 2017: 10:00 a.m. - 5:00 p.m.

Sunday, September 24th, 2017: 10:00 a.m. - 4:00 p.m.

**Location: Beaver Valley in Grey Highlands - Northeast of Flesherton**  
**IDEAL FOR PEOPLE AT A BEGINNER OR EXPERIENCED LEVEL OF PRACTICE WITH MEDITATION, DRUMMING OR PHOTOGRAPHY**

**Cost: \$400 if received by August 25<sup>th</sup>, 2017**  
**\$450 if received after August 25<sup>th</sup>, 2017**



This retreat offers innovative tools to thrive through change. Together we will explore mindful drumming, photography and meditation to see life from different perspectives and to cultivate presence, resiliency and self-compassion. With presence and self-compassion we can learn to develop greater trust in our ability to move through challenging transitions with greater ease, while feeling energized, calm, and centered. Drumming increases vitality, connection, well being and enhances positive relationships. Photography, practiced as mindful seeing, promotes attention regulation, perception of new perspectives and flexible responsiveness to ourselves and to others. This retreat takes place in the magical Beaver Valley, where the beauty of nature can support our cultivation of presence, connection, and wellbeing.

**For further information or registration please contact Camilla at:**  
[trmworkshops@gmail.com](mailto:trmworkshops@gmail.com)

**Eventbrite**

[Click Here to Register](#)

or please send completed registration form and e-transfer to: [trmworkshops@gmail.com](mailto:trmworkshops@gmail.com)

**Dr. Shari Geller** is an author, clinical psychologist, and creator of the [Therapeutic Rhythm and Mindfulness Program](#) (TRM™). She serves on the teaching faculty in Health Psychology at York University and for the Applied Mindfulness Meditation (AMM) program at University of Toronto; and is Adjunct Professor in the Faculty of Music at the University of Toronto, in association with Music and Health Research Collaboratory (MaHRC). She is the co-director of the [Centre for MindBody Health](#).

**" An experience of fun and playfulness and enjoyment throughout the whole workshop, while also experiencing community with others and a deepening and healing within myself."**

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Name: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: (H): \_\_\_\_\_ (C) \_\_\_\_\_

Email: \_\_\_\_\_

Occupation: \_\_\_\_\_ Family Doctor: \_\_\_\_\_

Emergency Contact Name and Phone #: \_\_\_\_\_

Are you currently experiencing any mental, emotional or physical health issues?:

\_\_\_\_\_  
\_\_\_\_\_

Do you currently have an individual therapist, psychiatrist, or any other person helping you with mental or emotional health concerns?     Yes     No

If yes, please provide their name(s) and contact information:

\_\_\_\_\_  
\_\_\_\_\_

How did you hear about this retreat: \_\_\_\_\_

\_\_\_\_\_

Please describe if you have had any experience with meditation or retreats you have attended:

\_\_\_\_\_  
\_\_\_\_\_

Please describe if you have had any experience with drumming or photography:

\_\_\_\_\_  
\_\_\_\_\_

Do you own a drum or intend to bring a drum to the groups? \_\_\_\_\_

Please state what you hope to gain for yourself from this retreat: \_\_\_\_\_

\_\_\_\_\_

Any additional information you feel is important for us to better support your needs during this retreat:

\_\_\_\_\_