



Retreat: Yoga, meditation and de-stress at Healing Haven

Date: Thursday March 16, 2023 arrival between 2 and 4 pm Til Sunday March 20 at 3 pm.

Location: Healing Haven is located at a confidential location in Prince Edward County, Ontario Canada

Who is this retreat for: This retreat is for anyone wanting to just get away and de-stress. Come and relax, we have designed an easy pace 4 days so you have lots of time to rest and relax.

Enjoy some delicious food, meditation, yoga, sound bath healing, and lots more.

During the retreat we will explore what stress is and how each of us can practice more self care in our lives to de-stress.

This will happen through a variety of methods, including chanting, crystals and mantras. Practicing yoga postures, meditation, sound healing, tuning forks, and intention setting. This retreat will then help you begin your healing.

This Retreat will be facilitated by Diane Cassidy who is a Registered Psychotherapist, RN., Shaman, energy healer, Reiki master Sound Bath healer and yoga instructor. Diane has been in private practice for 32 years. She has facilitated many workshops and retreats and her latest project has been to create and develop Healing Haven. This came to her in a vision while she was in Egypt.

From time to time, Diane will include some of her colleagues to assist with certain parts of the retreat.

Please email for more information

Diane Cassidy RN.MA, RP

healinghavenretreats.com