



# THE ART OF LIVING IN HARMONY

## Registration Form

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

Address: \_\_\_\_\_

City: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Ph# \_\_\_\_\_

Email address \_\_\_\_\_

Special Dietary Needs \_\_\_\_\_

Double Occupancy Roommate \_\_\_\_\_

Retreat Dates February 24-26, 2023

Cost \$548.80 single occupancy or \$436.80 double occupancy, includes taxes.

50% Deposit due upon registration via etransfer to [hello@farmawayretreat.com](mailto:hello@farmawayretreat.com)

Questions? [hello@farmawaytreat.com](mailto:hello@farmawaytreat.com)

# THE ART OF LIVING IN HARMONY

FEBRUARY 24-26, 2023

JOIN US AT FARM AWAY FOR A WEEKEND THAT WILL NURTURE YOUR SOUL AND INSPIRE YOU TO LIVE THE LIFE YOU HAVE BEEN DREAMING OF.

DIG DEEP INTO WHO YOU ARE, OPEN YOUR MIND TO NEW IDEAS, TAP INTO YOUR CREATIVE SIDE AND CONNECT WITH YOURSELF, OTHERS & NATURE.

## THIS WEEKEND RETREAT INCLUDES:

- DAILY GROUP GESTALT CIRCLE
- GUIDED MEDITATIONS
- SELF REFLECTION THROUGH ART
- SOOTHING SAUNA
- HOME COOKED MEALS
- COZY ACCOMMODATIONS

SPACES LIMITED TO 8. AGES 18 & OVER

## RATES:

WE HAVE BOTH SINGLE & DOUBLE OCCUPANCY RATES AVAILABLE FOR THIS RETREAT. SPACES ARE LIMITED FOR BOTH RATES. THIS IS AN ALL INCLUSIVE RETREAT.

**SINGLE OCCUPANCY RATE:** \$548.80 TAXES INCLUDED. THIS INCLUDES YOUR OWN PRIVATE QUEEN BEDROOM WITH SHARED WASHROOM FACILITIES. ALL LINENS, TOWELS, ETC. ARE PROVIDED.

**DOUBLE OCCUPANCY RATE:** \$436.80 TAXES INCLUDED. THIS INCLUDES A SHARED QUEEN BEDROOM PLUS A SINGLE BED WITH SHARED WASHROOM FACILITIES. ALL LINENS, TOWELS, ETC. ARE PROVIDED. A GREAT OPTION FOR FRIENDS OR FAMILY WANTING TO EXPERIENCE THIS RETREAT TOGETHER!

**DEPOSITS:** A 50% DEPOSIT IS REQUIRED AT TIME OF BOOKING AND IS NON-REFUNDABLE UNLESS WE HAVE A WAITING LIST AND CAN FILL YOUR SPOT. THE REMAINDER OF YOUR RETREAT FEE IS DUE 7 DAYS PRIOR TO THE RETREAT.

PAYMENTS TO BE ETRANSFERRED TO FARM AWAY AS FOLLOWS.

EMAIL: [HELLO@FARMAWAYRETREAT.COM](mailto:HELLO@FARMAWAYRETREAT.COM)

LOCATION: RURAL PORTAGE LA PRAIRIE, MB

# TENTATIVE ITINERARY

AS OUR GROUP SESSIONS EBB & FLOW TIMES MAY CHANGE

## FRIDAY

ARRIVAL BY 6PM, SETTLE IN AND GATHER ROUND THE FIREPLACE FOR OPENING CIRCLE. SNACKS & DRINKS PROVIDED

## SATURDAY

8:30 AM - BREAKFAST PROVIDED

9:30 AM - GROUP GESTALT SESSION WITH TRACY

12:00PM - LUNCH PROVIDED & FREE TIME

1:30 PM - SELF EXPRESSION THROUGH ART WITH MICHELINE BERARD

·ALL PAINTING SUPPLIES PROVIDED

·NO ART/PAINTING EXPERIENCE REQUIRED

5:00 PM - EVENING GESTALT GROUP

6:30 PM - SUPPER PROVIDED

## SUNDAY

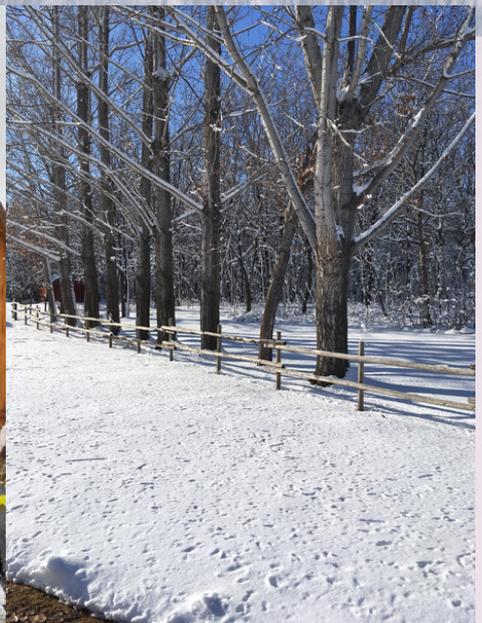
8:30 AM - BREAKFAST PROVIDED

9:30 AM - GROUP GESTALT & CLOSING CIRCLE WITH TRACY

FRUIT & SNACKS PROVIDED PRIOR TO DEPARTURE AT 1PM.

A WELL-APPOINTED KITCHEN IS AVAILABLE FOR ANY EXTRA FOOD OR DRINK ITEMS THAT YOU WOULD LIKE TO BRING ALONG. WE HAVE COFFEE AND A VARIETY OF TEAS FOR OUR GUESTS TO ENJOY.

PLEASE BRING ALONG WARM WINTER CLOTHING AND APPROPRIATE ATTIRE FOR THE OUTDOOR CEDAR BARREL SAUNA.



# MEET YOUR HOSTESSES & PRACTITIONERS

## TARALEA SIMPSON

AGRICULTURE IS THE FABRIC OF MY LIFE. I GREW UP ON A MIXED FARM, TOOK MY DEGREE IN AGRICULTURE AND SETTLED INTO A JOB AS A RETAIL AGRONOMIST. I STRETCHED MY LEGS IN AUSTRALIA AFTER COMPLETING MY DEGREE AND SPENT 6 MONTHS ON A CATTLE STATION. I NOW LIVE ON AND RUN A SMALL COW/CALF OPERATION WITH MY HUSBAND GERRY AND DAUGHTER CLAIRE. MY AGRONOMY JOB OF 30 YEARS ALLOWS ME TO HAVE IMPACTFUL CONVERSATIONS ABOUT AGRICULTURE WITH ALL GUESTS WHO STAY AT FARM AWAY.

MEETING PEOPLE AND SHARING ABOUT WHERE THEIR FOOD COMES FROM IS A REWARDING RESULT OF OUR VISION FOR FARM AWAY. I HAVE RECENTLY COMPLETED MY FOOD HANDLING CERTIFICATE AND ENJOY PREPARING DELICIOUS MEALS THAT SHOWCASE THE FOODS & FLAVORS FROM OUR REGION.



## TRACY WOOD

I AM A BORN AND RAISED FARM GIRL WITH A LIFELONG LOVE FOR HORSES (COWS TOO!) AND HELPING PEOPLE. I GREW UP RIDING HORSES, SHOWING BEEF CATTLE IN 4-H AND ENJOYING THE EVERY DAY OF LIFE ON THE FARM. HORSES, CATTLE, AGRICULTURE AND HELPING PEOPLE HAVE ALWAYS BEEN MY PASSION. THAT'S WHY I DO WHAT I DO! AS AN EQUINE GESTALTIST I AM SO FORTUNATE THAT MY LIFE ALLOWS ME TO BRING ALL THESE PASSIONS TOGETHER. CONNECTING WITH THE HORSES, DISCOVERING NATURE AND EXPERIENCING THE BEAUTY OF LIFE ON THE FARM, IS MY CALLING TO MAKE A DIFFERENCE IN CLIENTS' LIVES.



## MICHELINE BERARD

MICHELINE BERARD IS A MULTIMEDIA ARTIST LIVING IN PORTAGE LA PRAIRIE, MB. SHE HAS A LOVING, SUPPORTIVE HUSBAND & FAMILY OF THREE BEAUTIFUL CHILDREN.

MICHELINE WORKS AT THE MANITOBA DEVELOPMENTAL CENTRE CASUALLY AND HAS AN INDEPENDENT NURSING FOOTCARE/REFLEXOLOGY BUSINESS SERVICING PORTAGE LA PRAIRIE AND SURROUNDING AREAS.

MICHELINE HAS MANY INTERESTS, WHERE DANCING THE JINGLE DRESS DANCE IS A BIG ONE.

MICHELINE WALKS THROUGH LIFE SEEING EVERYONE AS EQUAL AND WILL BRING HER MANY GIFTS TO THE RETREAT.



## WHAT THE HECK IS GESTALT?

LOOSELY TRANSLATED IT MEANS WHOLENESS OR FLOWING INTO FORM. I RECEIVED MY TRAINING FROM MELISA PEARCE AT TOUCHED BY A HORSE. I AM A CERTIFIED EQUINE GESTALT COACH PRACTITIONER. GESTALT IS VERY THERAPEUTIC AND EXPERIENTIAL IN NATURE. I AM NOT A THERAPIST, I AM A COACH. I BELIEVE THAT EVERYONE POSSESSES THE ANSWERS TO THEIR DEEPEST QUESTIONS, PAINS, STRUGGLES, ETC. AND I AS THE COACH HELP CLIENTS BRING ANSWERS INTO THEIR AWARENESS, UNPACK WHAT IT LOOKS LIKE, EXPERIENCE IT AND OPEN SPACE FOR THE CLIENT TO MOVE FORWARD. THIS LOOKS AND FEELS DIFFERENT FOR EVERYONE AND WHAT YOU TAKE HOME WITH YOU FROM OUR TIME TOGETHER IS YOURS.

### PAST RETREAT TESTIMONIAL ...

I AM SO THANKFUL FOR THE MEALS YOU WORKED SO HARD ON, THEY WERE DELICIOUS AND VERY MUCH APPRECIATED. IT WAS NICE SITTING AROUND THE TABLE TALKING AT MEAL TIMES.  
KIM.W - MANITOBA

### PAST CLIENT TESTIMONIAL ...

TRACY PROVIDES AN INCREDIBLY SAFE AND PATIENT SPACE FOR PEOPLE TO BE THEIR MOST AUTHENTIC SELVES. SHE HAS ONE OF THE MOST PURE HEARTS I'VE EVER FELT.  
KRISTY F - WISCONSIN

PLEASE REACH OUT IF YOU HAVE ANY QUESTIONS.  
WE ARE HAPPY TO ANSWER THEM!  
[HELLO@FARMAWAYRETREAT.COM](mailto:HELLO@FARMAWAYRETREAT.COM)

