



*Directions and details will be sent with confirmation.  
Registration deadline: July 20, 2009*

### *General information*

*We recommend that you have at least six months from any recent heart events before attending this retreat.*

*Think of this as a time to focus on yourself. We will use simple tools such as, listening, writing, movement, coming to stillness and play to explore how heart disease has influenced your sense of self. Do you see yourself differently? Are you more confident? Are you more afraid?*

### *About Bonnie*

*She has actively pursued healing her heart since her heart event in November '07 through Anusara yoga practice, mindfulness-based meditation practice, and an on-going exploration of the emotional and spiritual aspects of living with heart disease. She has a strong desire to support others in caring for themselves through reflection and meditation activities.*

*She has a B.S. in Child & Family Studies from UW-Madison, School of Human Ecology, has facilitated a variety of action-focused groups and for 10+ years provided direct support to persons with severe and persistent mental illness.*