

THE CONSCIOUS MATE RETREAT

One Day Workshop

GUIDELINES

What To Expect

- An increase in your awareness of romantic love success -Interactive exercises designed to identify and begin breaking down barriers to your own relationship fulfillment.
- Better sense of your values and priorities.
- A diverse group of classmates

What To Bring

- All your relationship baggage
- Your dreams and hopes for your relationship future
- A journal if you wish
- Water bottle

Guidelines

No children or pets. Let loved ones/associates know you will check in. All cell phones OFF except during lunch break. NO alcohol/drugs, NO smoking

Full Day Workshop (10 AM – 4 PM)

Lunch, handouts, water and tea are provided (if you have food allergies, **let me know ASAP**) the lunch will NOT include beef, pork, dairy, pasta, white breads or foods high in processed sugars.

\$95.00 * Includes lunch

JoyRae Freeman – Matchmaker, Spiritual Warrior, Qi-Gong Master/Instructor, Divine Light Conduit, Master Healer, Laser Reiki VII Master, Ordained Minister, Writer, Radio Producer

Please Print this out, cut and return the form below with payment. Limited capacity (**MUST PRE-REGISTER**) 838 Logan St, Helena, MT 406-449-5537

CCard/PayPal online - Checks PAYABLE to Clarette C. Martin

NAME _____ Phone _____

Address _____ City _____ Zip _____

Please list other transformative events attended. – what is purpose of your attending this retreat? _____