

The Oak & River Retreat

Intermodal Energy Healing Weekend

Summer Solstice: June 22, 23 and 24, 2012

Friday night

6:00 - 7:00 Arrivals

7:00 – 7:30 sharing of expertise:

Presentations and discussion on The Bars, by *Gail McSherry*

7:30 – 9:00 Healing Circle

9:00 – 10:00 Options: >Guided Meditation : Healing the Planet

>Tea and socializing

Saturday

8:00 - 8:30 Wake up and arrivals

Options: Morning swim or Qi Gong Self Massage

8:30 - 9:00 Continental breakfast

9:00 - 9:30 **Presentations and discussion on Psyck-K by Melanie ;**

9:30 – 10:00 Intermodal healing treatments,

Psych-K., the Bars, Quantum Touch Group Treatment,

10:30 – 11:00 Coffee break

11:00 – 11:30 **Presentations and discussion on the Trager Method by Wafik**

11:30 -12:30 Intermodal healing treatments,

Trager, Psych-K, the Bars Quantum Touch Group treatments,

12:30 - 1:30 Lunch

1:30 - 2:30 **Presentations and discussion on Dr. Wu Head Massage by *Shaheen***

2:30 - 3:30 Intermodal healing, Dr, Wu Head massage, Group QT, Trager,

3:30 - 4:00 Tea Break

4:00: 4:30 **Presentations and discussion: angel Card Reading by Dawn**

4:30 – 5:00 Tai Chi by Bron , Psychic Readings by Gerry

5:00 - 5:30 Laughter Yoga

5:30 – 6:30 Recreational: swim, trail walks, river and bird watching, and relaxing

6:30 - 8:00 Dinner : Pot Luck

After dinner presentation: Heart Based Living: Everett Baker

8:00 - Bedtime (or departure time)

Bonfire and Drumming Circle

Sunday

8:00 – 8:30 Tai Chi or morning swim

8:30 - 9:00 Breakfast

9:00 – 9:30 **Presentation on Core Field Integration by Gyhany Caine**

9:30 - 11:-00 Individual and group healing sessions:

Oneness Deeksha session with Gyhanny, Dr, Wu Head massage., Psychic

Readings by Gerry, Angel Cards by Dawn

11:00 - 11:30 Walking Meditation

11:30 – 12:00 Laughter Yoga

11:30 - 12:30 Trail Walk or Flower Therapy

1:00... tea and light snacks before departure

Notes: *Continue next page*

About meals?

This summer's Dinner Special: Barbecued Vegan Shish Kabobs

The rest is Pot Luck again: Casseroles, salads, bread, cheese, deserts, or your favorite dish.

Please let me know what you can bring. Please bring lots to drink. There's plenty of fridge and cooler room. If you have any dietary concerns, make sure you bring your own foods.

Please bring your own lunch; option is to call in for pizza. (Pay your own way)

Breakfast, tea and coffee are on the house.

About Lodging?

Many of you live close enough to commute back and forth from home.

We have room for a few people to stay overnight. The apartment is vacant and sleep 3. Guest bed room with queen bed, a single day bed in the exercise room, floor space in the sun room. Here again, please let me know if you like to reserve a bed. (First come first served.) Please bring your own sleeping bags and towels.

There's lots of room in the back yard for several tents if anyone is into camping. We have one tent that sleeps two. Let us know if you would like to reserve it.

Parking is free.

Donations are accepted to cover costs.

Your time as a presenter is pro bono.

Please send in your request for individual treatments on:

Trager

The Bars

Dr, Wu Head Massage

Psych – K

Psychic Reading by Gerry

Angel Card Reading by Dawn