



For additional information & registration, visit www.harmonyhill.org

HARMONY HILL

RETREAT CENTER

Ann Lovejoy workshops

a series of one-day programs



SUSTAINABLE GARDENING

10AM-4PM ☞ Saturday, October 27, 2007 ☞ February 16, 2008 ☞ March 15, 2008

In this one day workshop, you will learn to create a garden that offers year-round beauty, serves your changing needs, and becomes easier to care for each year. Sustainable design reduces or eliminates repetitive chores like weeding, watering, mowing, and pruning with practical design principles and simple, effective maintenance techniques. Safe and simple Natural Care practices keep your garden thriving, healthy, and increasingly independent. You'll receive a supplies list when you register.

INTENTIONAL KNITTING: KNIT A HEALING SHAWL AS A MEDITATION

10AM-4PM ☞ Sunday, November 18th, 2007

Using Ann's simple patterns, you will learn to make an Angel Wing healing shawl or a rectangular meditation shawl for yourself or a loved one. Basic knitting skills helpful but this is a great first knitting project. Choose colors to represent attributes or qualities you want to emphasize, then knit loving intentions into the shawl as you go. When you register, you'll receive a supplies list, patterns, and color suggestions.



SUSTAINABLE GARDENING: THE KITCHEN GARDEN

10AM-4PM ☞ Sunday, March 2, 2008

Design your own productive, beautiful and easy-to-care-for kitchen garden. Whether your space is tiny or acres wide, you can feed yourself and your family with something fresh every day of the year. Sustainable Design reduces or eliminates repetitive chores like weeding, watering, mowing, and pruning with practical design principles and simple, effective maintenance techniques. We'll look at best plant picks for Northwestern gardeners as well. Safe and simple Natural Care practices keep your garden thriving, healthy, and increasingly independent. You'll receive a supplies list when you register.

COST

2007 programs: \$85 for each workshop - includes lunch.

2008 programs: \$90 for each workshop - includes lunch.

TO REGISTER

Each one-day workshop is a free-standing program, and all workshops are open to the general public.

Register online at www.harmonyhill.org or email info@harmonyhill.org, or call us at (360) 898-2363.

Space is limited—register early!

In order to provide maximum quality, enrollment in all Harmony Hill retreats is limited. Payment in full is required to confirm your registration.

EXTEND YOUR STAY AT HARMONY HILL!

Add overnight accommodations to your stay for a mini-retreat. Cost is \$65/night, and includes continental breakfast. Please indicate night(s) when you register.

Harmony Hill is a 501(c)(3) nonprofit organization.

*The grounds
beckon me back
to a connectivity
with nature
& myself.*

- from a recent participant



Journey toward wholeness

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(360) 898-2363 ☞ info@harmonyhill.org ☞ www.harmonyhill.org