



For additional information, visit [www.harmonyhill.org](http://www.harmonyhill.org)

## Harmony Hill Retreat Center

# Living In Harmony

**T**he first rule of sustainability is to align with natural forces, or at least not try to defy them.  
- Paul Hawken

Sustainability workshops to enrich our lives and our world...



The Living in Harmony workshops have been created to work together with the theme of sustainable living that connects them, although each of them offers information that makes them very informative and valid as a stand alone program as well. Improve your personal health, your garden and outdoor spaces and our global environment.

### **BODIES IN HARMONY: SIMPLE WAYS TO BRING BALANCE TO YOUR BODY, MIND AND SPIRIT**

Saturday, January 31, 2009 with Cathy Rogers, ND

Explore the effects of food and lifestyle choices on your body and learn simple, effective ways to make healthful changes to reduce common symptoms. Learn how your body cleanses and why it matters to your well being. By tuning into the body and practicing simple rituals of self care, you can increase your vitality and learn to nurture yourself in a spirit of loving kindness. You'll take home a personal well-being plan to assist you in transforming your health.

### **GARDENS IN HARMONY: SIMPLE STEPS TO CREATING A HEALTHY, SUSTAINABLE ORGANIC VEGETABLE GARDEN**

Saturday, March 7, 2009, 10am-4pm with Ann Lovejoy

What could be better than home grown food, straight from the garden? Recent research has demonstrated the health benefits associated with eating more whole foods, particularly organically grown fruits and vegetables. This one day workshop presents all the basic information you need to create your own organic vegetable garden. We'll discuss appropriate garden sites, soil preparation and care, various composting methods, and choosing appropriate plants for your garden and your needs.

### **BUILDING IN HARMONY: BUILDING PROJECTS USING SUSTAINABLE MATERIAL**

Saturday, September 5, 2009, 10am-4pm with Michelle Raven & Rose Swan

Learn how to do a building project using Cordwood masonry, a technique which has been around for many years. Walls are constructed of log ends cut from rounds of wood, using a special mortar mix. This method creates beautiful, rustic and well insulated structure with the charm of stone masonry, and is also low cost. You'll receive hands-on training and take home plans for building and completing your own Cordwood building or structure.

### **FOOD IN HARMONY: CELEBRATING THE HARVEST**

Saturday, September 5, 10am-4pm with Shannon Baker & Rose Swan

Learn how to lighten the load on our environment by growing your own food and buying seasonal produce from local growers. Explore ways to stretch your food dollars and prepare simple nutritious dishes. Tour Harmony Hill's organic gardens, get introduced to our composting methods, harvest fresh produce, learn how to handle those bumper crops so they can be enjoyed later, and take the recipes home with you.

### **REGISTRATION**

To register for these programs, visit our Website at [www.harmonyhill.org](http://www.harmonyhill.org), or call 360.898.2363.

Hours : All day workshops 10am-4pm

Cost: \$95 pp/ \$340 for series pp

**A delicious wholefoods lunch is included with each session!!**

By registering for the whole series you will enjoy a discount of over 10% on each session, a \$40 savings!

Extend your visit to an overnight stay for an additional \$65 per person/per night. Continental breakfast included.

Wear comfortable shoes, and clothes appropriate for the weather and activity. Don't forget to bring a journal!

Harmony Hill of Union is a 501(c)(3) nonprofit organization. All of our cancer programs are made possible thanks to the generosity of individual, corporate and foundation supporters.

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transformational & healing experiences for mind, body & spirit in a natural retreat environment