

Harmony  
Hill

HEALING RETREAT

# Balanced Living

## Reducing Stress to Achieve Work-Life Balance

A retreat for those interested in learning new skills to enhance their personal wellbeing, in a serene and supportive environment.

### RETREAT DATES:

January 25, 26, & 27

March 15, 16, & 17

May 31, June 1, & 2

December 6, 7 & 8

Check-in begins at 2PM, all retreats begin at 5PM and concludes on final day at 1PM

**FEE:** Includes all retreat facilitation, content and materials, healthy and delicious meals, and lodging.

\$ 850 Single Room

\$ 700 Double Room

\$ 500 Commuter Rate

Commuter rate includes lunch only and registrants will be limited due to the availability of space in our dining hall

Housing at Harmony Hill (especially single rooms) and space in our dining hall are limited so register early to secure your place in this retreat!

### LOCATION:

Harmony Hill - on the Hood Canal  
7362 E State Route 106 / Union, WA

### TO REGISTER:

<https://www.harmonyhill.org/wellness/wellness-retreats/>

If your life feels a bit stress-filled and out of balance; if you find yourself bogged down with work and family obligations and have little time for self-care, or if you know someone who is struggling with these issues, give yourself or someone else the gift of this retreat. With three days in the beautiful and supportive environment of Harmony Hill, surrounded by nature and nourished with healthy meals, begin your new year with the time and support needed to rediscover a positive outlook, healthful habits, emotional wellbeing, a positive attitude and sense of gratitude. This retreat will allow you to feel the support of others who are seeking health and balance while learning basic principles of the science of healthy living and experiencing practices that you will learn to incorporate into your daily life.

### At the end of this retreat participants will:

- Understand the basic principles of Ayurveda – the science of life
- Learn lifestyle practices that can help to manage stress
- Connect with inner wisdom around what makes you feel healthy and happy
- Reconnect to your personal vision of happiness
- Learn to remove toxic substances from your everyday life
- Discover how to use nature as medicine
- Experience movement and breath practices while tapping into the ability to prioritize self-care



Retreat Leader: Patti Wetsch-Wolfrom

Patti is an oncology nurse, a Chinese medicine practitioner, an Ayurvedic practitioner, an integrative nurse coach, and yoga instructor who has dedicated her life to the pursuit of wellbeing. While expressing her gift of service, Patti uses the gifts of the healing arts of medicine to promote a balanced approach to life. From this platform she has developed a retreat format based on the principles of Ayurveda. This holistic approach teaches people how to reconnect to the soul of self, while rediscovering their passions, talents and confidence so that they may live a balanced, fulfilling and personally productive life.



Retreat Leader: Dhaval Dhru MD

Dr Dhru is an Ayurvedic practitioner, ayurvedic yoga therapist and educator of Ayurveda and Yoga. He is retired ENT surgeon and retired Associate Professor and Chair, Department of Ayurvedic Sciences, Bastyr University, Kenmore WA.

He conducts Ayurvedic retreats/workshops and teaches Ayurvedic seminars and Ayurvedic yoga therapy at various locations.

He studied Ayurveda with Dr. Lad the world renowned Ayurvedic educator, practitioner, author and founder of The Ayurvedic Institute, Albuquerque NM. Dr. Dhru is a certified Yoga teacher approved by Yoga Alliance. He teaches Yoga at Three Trees Yoga in Federal Way. He also provides individual and private Ayurvedic yoga Therapy sessions incorporating Ayurvedic principle so a to come up with appropriate yoga practice for an individual. Dr. Dhru is past president of NAMA and serves as board member of NAMA (National Ayurvedic Medical Association) and on several committees including standards committee, examination committee, conference committee of NAMA.

Harmony Hill - [harmonyhill.org](http://harmonyhill.org) - 360.898.2363