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**LISTEN TO THE RIVER:  
ONE DAY RETREAT ON THE MAD RIVER  
WITH THERESE FITZMAURICE & EMILY TRUTT  
(ALONG WITH SPECIAL GUEST KAREN HARRIS)**

*As we sit in silence at the water's edge, the river sings us toward our heart's true home...*

During this one-day retreat we will dive down deep into healing waters, listening for the river of inspiration that runs within our own heart. Supported by group council, guided visualization and meditation, yoga, the beauty of nature, and our experienced mentors, each participant will spend time in solo retreat by their own private pool. For more about the retreat center visit <http://thou-art-that.com/vanaprastha/>



**Friday, July 11th**  
**9:30am - 4:30pm\***  
**\$65 per person**

**Reservation deadline July 3rd**

Please make checks payable to Emily Trutt & mail to:  
2 Lorenz Ln, Bayside CA 95524  
Include your name, email and phone number.

Limited space, so reserve your spot soon!  
To inquire about **work trade** contact Therese  
at [t\\_kslin@hotmail.com](mailto:t_kslin@hotmail.com).

\*We will meet at 3-corners Market at 8:30am and  
return at 6:00pm. Please bring a lunch, water & snacks.  
Further details will follow registration via email.

For more information email [emtrutt@yahoo.com](mailto:emtrutt@yahoo.com) or call 516.909.9110.