

Here are all the details I promised you about my upcoming
Meditation Retreat Saturday, May 25th, 2024!

Looking forward to seeing you there!

www.soulchocolateretreat.com

"This retreat allowed me to slow down and get in touch with my spirit. It gave me tools to use to develop my meditation skills. The beautiful, tranquil setting in nature was wonderful." Amber K.

"It was a fun, insightful retreat. Time went fast but every single activity had an impact on me! The variety, scenery, the relaxing cascade made this experience very unique. I feel like I had a day of treating myself with love and kindness. Better than a spa day." Claudia P.

"I was pleasantly surprised at the knowledge and testimony Laura has of her work, meditation and helping others to find better ways of communing with Heavenly Father and His creations." Erika M.

If you still need more details feel free to reach out to me anytime! ([Schedule a call with me](#))

www.soulchocolateretreat.com

Soul Chocolate Meditation Retreat – Saturday, May 25th, 2024

Your 1 Day Luxury Meditation & Wellness Retreat!

[Register Now](#)

A luxurious day of pampering, gentle exercise, relaxation, instruction, and guided meditations in one of Ontario's most serene settings on the Bruce Peninsula

Benefits of Attending

- ✚ Beautiful location in the Bruce Peninsula
- ✚ Amazing meals
- ✚ Come away feeling more relaxed, refreshed and rejuvenated
- ✚ Connected to spirit
- ✚ Feel loved and supported
- ✚ Gentle exercise
- ✚ Learn to meditate
- ✚ Time for quiet reflection
- ✚ Learn to take better care of yourself
- ✚ Feel More hopeful

You are invited to join me as I assist you in learning to take better care of yourself as you care for others.

[Register Now](#)

*Saturday, May 25th, 2024 in Bruce Peninsula
Full day 8am to 9pm Hosted by Laura Lane at her
beautiful home in Wiarton, ON*

Most likely you've just spent days, weeks, months or years caring for your loved ones and family, perhaps you are feeling depleted and barely holding it together anymore.

You know you need a break, some time to recharge your batteries and reconnect with other women who understand the challenges you face.

You need some time to remember who you are as an individual again outside of work or caregiving, and even time to reflect on all that has happened in your life.

You feel like you just need a bit of pampering to bring the spark back into your life.

Come spend a relaxing day with other Christian women who are looking to learn how to better take care of themselves while caring for others. Enjoy the space to relax, reflect and share the insights that come from those quiet moments nurturing your soul.

Take the time and space to meditate or to finally learn to slow down or stop constant mind chatter and worry. Enjoy the beautiful, serene setting, gentle exercise and healthy food. This is an opportunity to spend time in nature while learning to meditate and journal the insights that come from quiet reflection.

[Register Now](#)

In making your decision to attend, would it be helpful to you to know...

What you will learn during our time together?

- How to quiet your mind
- Develop new and better meditation skills

What do Laura's clients say about attending her retreats?

- ❑ "This day was just what I needed. There was a beautiful balance of instruction, action and interaction. It was beautiful to connect with new friends and learn from others." *Kelly K*
- ❑ "I was pleasantly surprised to enjoy learning about meditation and finding that I could benefit from it. It was a great day of connection with everyone present and with myself." *Tracy P*
- ❑ "The retreat was wonderful. I enjoyed the meditation and QiGong space as I was able to connect with my soul and my purpose in life. It was really a unique experience and I needed to relax and remove many worries and stress in my life." *Marta M*
- ❑ Laura was extremely knowledgeable on the subject matter. She was able to deliver the instruction in a loving and inspirational manner. It was an enlightening day. So glad that I was able to participate in this retreat. It was just what I needed! Thanks for a fantastic day! *Saralyn C*
- ❑ Thank you, Laura, for your depth of knowledge, love, direction and vulnerability. You were able to take the focus out of this world and help us relax, contemplate, meditate and most importantly, get in touch with our life giving energy. It was a delightful, touching, insightful day. Thank you. *Ruth M*

What do Laura's clients say about working with her?

"Laura is phenomenally gifted in guiding a person through to deeper clarity" ~ Ellen

"Laura is a truly gifted facilitator. With careful, consistent inquiry she helped me go from a vague notion to a clear, focused vision of what my life can and will be." ~ Jan

"Laura told me to put my attention to my intention and I love every moment of it. I feel empowered, with more energy and the best part is that I look forward to every day.

"Thanks, Laura, for helping me fall in love with my life again." ~ Ghurair

How is Laura Lane qualified to teach these ideas and processes?

- Laura Lane is the author of “Two Mothers One Prayer: Facing your child’s cancer with Hope, Strength and Courage” and host of the Hope, Strength, Courage Podcast for Cancer Parents
- Laura specializes in teaching women of faith how to cope in a crazy world.
- Laura is a Courage Coach and an expert on finding peace and divine perspective especially during the most difficult life circumstances
- Laura is a Level 3 Therapeutic Touch Practitioner and has been teaching her clients how to meditate for the last 7 years
- Laura is trained level 1 Qigong Instructor
- Laura is certified through the Evolutionary Business Council as a Level 1 Certified Master Trainer
- As a certified Passion Test Facilitator and LifeSuccess® Consultant, Laura has hundreds of hours of coaching experience as a coach’s coach with clients on 5 continents.

What is included?

- Healthy meals: Breakfast, Lunch and Dinner
- Qigong and Meditation instruction
- Guided hike and Labyrinth walks
- Quiet time for reflection and journaling
- Evening Bonfire and Roundtable discussion
- Special Gift bags

About the food and who will be preparing it

- Breakfast will be provided onsite at Laura’s home and will consist of a variety of healthy, organic, locally sourced ingredients to accommodate regular, vegetarian and gluten free diets
- Lunch will be hosted at a local restaurant - The Green Door Cafe
- Dinner will be prepared onsite by local professional chef Suman Pradhan

Nearby Accommodations

- The Spirit Rock Outpost & Lodge (3 min walk from Laura's house)
- Pacific Hotel Wiarton (newly renovated – 3 blocks away)
- Waterview on the Bay (5 min drive)
- Mile Inn Motel (2 km away)
- Top Notch Motel (2 km away)
- Wiarton Willy's Inn (2.5 km away)

How do I register?

- Registration forms are available online at www.soulchocolateretreat.com

How many spots are available?

- We are able to accommodate up to 12 guests.

When your payment or deposit needs to be made to reserve your spot?

- May 6, 2024

Price

- SPECIAL BETA TEST EARLY BIRD RATE \$247 CAD (\$147 USD)
- Price goes up to \$297 on May 7th, 2024
- Regular Rate \$397 (\$347 USD)
- Price includes – breakfast, lunch and dinner

The Agenda for the day together

- Saturday, May 25th 8:00am to 9:00pm
- Registration and breakfast 8:00am-9:00am
- Meditation Instruction 9:00am – 12:00 noon
- Amazing healthy lunch at Green Door Café in Wiarton 12:00 noon -1:30pm
- <http://www.thegreendoorcafe.com>
- Nature walk/ hike / Labyrinth at [Rural Rootz](#) 1:30pm -3:00pm
- Individual time for meditation, reflection and journaling 3:00pm -5:00pm
- Integration Roundtable 5:00pm – 5:30pm
- Exquisite Dinner prepared by Professional Chef Suman Pradhan 6:00 PM
- Evening Roundtable & Bonfire 7:30pm

What if I have other questions or concerns?

- Call Laura at 905-741-5851 or email her at laura@lauralane.ca

[Register Now](#)