

# CAFÉ RITUAL™ NATURE RETREATS

SATURDAY, APRIL 28, 2012  
THEME: "SPRING RENEWAL & EXUBERANCE"



When it's over, I want to say: all my life  
I was a bride married to amazement.  
I was a bridegroom, taking the world  
into my arms.

When it's over, I don't want to wonder  
if I have made of my life something  
particular, and real...

I don't want to end up simply having  
visited this world.

— Mary Oliver

**\*\*PLEASE JOIN US FOR A DAY OF HEALING, RETREAT & CELEBRATION\*\***

- *CONNECT WITH YOURSELF, YOUR PEERS & THE NATURAL WORLD IN NEW WAYS*
- *PRACTICE HEALING ARTS DESIGNED TO INCREASE JOY, BALANCE, & EMPOWERMENT*
- *RECOVER YOUR CHILDHOOD INNOCENCE AMIDST AN ENCHANTED EUCALYPTUS FOREST ☺*
- *EXPERIENCE THE PURE BLISS OF RECONNECTING WITH YOUR BODY*
- *BEGIN TO DEVELOP A RELATIONSHIP WITH YOUR INNER VOICE AS MIRRORED BY NATURE*
- *FEEL THE TRUE POWER OF BEING \*GENUINELY\* WITNESSED BY OTHERS*
- *LEARN PRACTICES TO TAKE HOME FOR CONTINUED RENEWAL IN YOUR DAILY LIFE!*

**WHEN: Saturday 4/28/12, 8:30a—5p**

**WHERE: Green Gulch Farm & Zen Center**

**FEES: \$195—295 per person (sliding scale)**

*includes workshop tuition, morning tea & homemade scones and a nourishing organic vegetarian lunch*

**YOUR GUIDE: Nicole L. Coffelt, Ph.D.**

*Transpersonal Psychologist, Expressive Artist, & Founder of CAFÉ RITUAL™*

**For more information about Nicole, this workshop or  
CAFÉ RITUAL™ please visit [www.sfpsychservices.com](http://www.sfpsychservices.com)**

**Space is limited; please register early.**

**Pre-registration & nonrefundable deposit are required to hold your space.**

**Call 415-517-6617 or email [nicole.coffelt@gmail.com](mailto:nicole.coffelt@gmail.com) for more information or to register.**

**"IF YOU LOSE TOUCH WITH NATURE  
YOU LOSE TOUCH WITH HUMANITY."**

*—J. KRISHNAMURTI*