

Inspiring Butterflies Sedona/Grand Canyon Retreat

The Five Senses - Empower with Intention

October 27-31, 2010



Ginny Zaboronek and Marge Richards are your guides. Integrating our original Inspiring Butterflies healing work with the Five Senses, you will be delighted and surprised at how the beauty magically unfolds.

Beautiful accommodations in the heart of town —
Best Western Inn of Sedona

Fee of \$1,299

- Private room for 4 nights and continental breakfast each day
- Lunch and dinner at Sedona's finest restaurants
- Free time—optional spa visits/shopping/ or relaxing at the pool

Wednesday—Begin the retreat with dinner at a local Mexican restaurant where introductions are made and intentions set.

Thursday—Hike Cathedral Rock, visit the Chapel of the Holy Cross and the Buddhist Stupas.

Friday—Day trip to the Grand Canyon.

Saturday— Visit ancient cliff dwellings, create a totem at Oak Creek, hike Boynton Canyon, and watch the sunset from the Airport Mesa. Closing ceremony with Sunday morning departure.

Each day you will experience inspirational readings, butterfly cards, exercises, music, and meditations.

Testimonial from a recent Sedona retreat:

"Things have changed positively for me since returning from our wondrous Sedona retreat. I really enjoyed everything we did - our daily meditations, excursions, journaling, socializing, and great food. I believe it was my good fortune that you [Ginny] and Marge helped me find happiness and the world again." Maria



We promise you 'aha' moments, new friendships, movement in all aspects of your life and lots of laughter.

For more info, call Ginny at 908-451-8259 or email: ginny@inspiringbutterflies.com.

Credit Cards accepted through our website

www.inspiringbutterflies.com