

# Spring Cleaning For Your Soul: May Day ReTREAT By The Sea with Mary & Lisa



Spend May Day at the beach with **Mary Bartnikowski** (above, right) (<http://bartnikowski.com>), author, award-winning photographer, world traveler, and kundalini yoga instructor, and **Lisa Chu** (above, left) (<http://themusicwithinus.com>), musician, life coach, sound healer, and change artist. Together they will weave an experience that will recharge your energy, help you see with new eyes, and take home a reminder of who you really want to be and what you truly want to bring into your life.

Our partner in Spring Cleaning Your Soul — the California coast

ReFRESH...

ReNEW...

ReVITALIZE...

ReAWAKEN your soul with the beauty of nature, photography, yoga, and adventure.

Open yourself to Love, Creativity, and Empowerment.  
It's all here at the beach! Come join us!



## Details:

**Tuesday, May 1, 2012**  
**10am to 4pm**  
**Half Moon Bay, California**  
(meeting location will be sent to registrants)

**\$79 per person, \$150 per pair (bring a friend!)**

Price includes guided activities by the beach, and delicious organic vegetarian lunch served indoors. Please feel free to bring snacks and beverage for yourself.

Wear comfortable clothing and shoes appropriate for beach walking (bare feet better than socks!).

Weather permitting, we will be doing yoga on the beach and walking in the sand for approximately half a mile. Bring extra layers, as coastside temperatures can change rapidly.

For one of our activities, we will be doing a photo safari led by Mary. We will be uploading our photos and using them to create something on your computer that you will take home. Bring your laptop if you have one, and anything you need to upload photos to your computer and work with the files.

Whether you want a change in your life, you're feeling stressed, you need to make a decision, or you simply want to breathe and dream about what's next in your business or your life, take the day off and come spend a day by the sea with the magic of your two guides, Mary Bartnikowski and Lisa Chu.

We will be making space in the body and mind, connecting with nature, treating ourselves well, and expressing our desires and intentions for what's next. And, you will bring home a powerful artifact that will remind you of your journey and invite your vision into reality.

Enjoy a magical day of yoga, meditation, the beauty of nature, photo safari, art, and the power of envisioning and expressing your heart's true desires in a supportive environment.

## COME WITH:

- your digital camera AND any cables required to upload your photos to your computer
- your laptop or iPad or other wireless-enabled device where you can upload your photos and connect to the internet (don't forget your power supply!)
- a journal/notebook and pen
- childlike enthusiasm
- spirit of adventure
- desire to rejuvenate and renew your soul

## HOW TO REGISTER:

Email Mary ([mbartnikowski@yahoo.com](mailto:mbartnikowski@yahoo.com)) or Lisa ([lichu@themusicwithinus.com](mailto:lichu@themusicwithinus.com)). We will email you a link to pay online.

Once your payment is received, you are confirmed for the Spring Cleaning ReTREAT By The Sea. We will send you directions to the meeting place in Half Moon Bay.

Participation is limited to SIX people.

Payment, by credit card or PayPal, must be received in order to reserve your spot. Sorry, no refunds.