



Discovering the Mystery Within

Led by Jen Polo and Safiya Randerera

A Shalom-Style Women's Retreat
Thurs Nov 9 at 5pm – Sun Nov 12 at 3PM

During this 4 day retreat we will make deep contact with our hearts through simple yet effective processes. Come and allow the beauty and magic of our souls to be revealed.

Embrace, relax in and enjoy the power of a loving community, the wisdom of our bodies and the unconditional love of our own hearts.

\$600 includes process work, fresh eats by Nina Taylor (ninataylor.org) and lodgings at Tashina Retreat Center (45min north of Toronto)

For more detail on Jen visit heartspacestoronto.com or facebook.com/heartspaces
For more detail on Safiya visit facebook.com/byheartofskyheartofearth
contact heartspacestoronto@gmail.com to book