

## **Cactus & Lotus Wellness Retreat: Nature - Meditation - Art**

*Journey beyond the cacti of life to feed your inner lotus!* Join nature inspired professional artist, traditionally trained yoga educator and longtime meditation practitioner, Diana Chabros, for this unique exploratory 3 day small group retreat in Val Marie, Saskatchewan, near Grassland National Park! Using breath and meditation techniques to reflectively research feelings and images plus a transformational intuitive painting process to deepen emerging insights, participants will explore our relationship with the land, ourselves and other beings. To gaze gently at our prickly aspects and peer into the pond of personal inquiry is to discover what's holding us back. Our inner lotus awaits! Rich benefits for a lifetime will be reaped from learning these humble yet profound take-away practices.

### **Who is this Retreat For?**

Do you feel controlled by life's uncontrollable? Habitually ignore those mental and physical nudges to express your creative side? Long to decode those messages that surface in your dreams? Slow down, dive deeply and tune inward for this profound weekend of land, self and compassionate wisdom. Immerse yourself in creative wellness practices and re-discover the significance of this moment through your natural relationship with land and all beings.

Situated in Val Marie, Saskatchewan - at the cusp of Grassland National Park, the area is known as one of the world's most fragile and silent locations on earth, (research has proven the purity of natural sounds within the Park for at least 20 minutes!) With many species at risk, birds, trails, and one of the darkest night skies in Canada, the Grasslands are a perfect energetic setting to travel your inner landscape, surface transformative life answers and embrace your true nature....just BE! We'll build capacity for intuition, open our heart-minds to reconciliation with the land, our families and our communities, and encourage positive practices to support ourselves in good times and in difficult ones. A regular practice develops strength and discernment as we move into increasingly chaotic global circumstances. To that end, we'll creatively explore the balance of nuance and sentience amidst deep compassion and the witness lens. Space is limited to seven registrants.

### **Your Creative Wellness Guide**

A traditionally trained Yoga Educator and professional exhibiting Artist, Diana holds her Bachelor of Fine Arts, and a Masters Degree in Arts Education (2001), with additional mentorship by visual artist Marsha Kennedy and other respected professional artists. Having acquired her 300 hour Teacher Training with Traditional Yoga Studies (Dr.

Georg and Brenda Feuerstein) in 2015, she completed her Teacher Training in Iceland with Aviva Gold MFA, MPS, CSW, ATR-BC, REAT in intuitive painting in 2019, and has continued her lifelong learning with many courses and classes over the years. She maintains active learning in the areas of trauma, meditation, dementia, dreams, community and public relations, and wellness. As a result of her longtime path of traditional study with indigenous elders including her life partner, Joseph Naytowhow, BFA, nehiyaw (Cree) Knowledge Keeper/Cultural Advisor, and Anishnabe elder Bob Smoker (1953 - 2017), she received her name, colours, songs and teachings. Her deep compassion for all beings in all realms, has led Diana to many years of study and practice within Tibetan Buddhist philosophy with her root guru (teacher) His Eminence Tulku Ninth Neten Rinpoche as well as other respected lamas and sangha members. A longtime volunteer with animals, Diana is well acquainted with sanctuary work and continues to grow her knowledge of animal communication and wellness for animals.

Retreat Details:

### **Context for Cactus/Lotus symbolism**

Cacti live within very harsh conditions, and are prickly and protective. Humans are often that way, too, though we desire balance and to live in harmony with others. Life reflects this tension which in turn surfaces in our meditation and creative practices. We experience physical, mental and emotional pain, or perhaps even chronic pain.... Lotus, growing from muddy water, yet blooming with extraordinary beauty and promise, serves as a fecund symbol for our spiritual and creative journey. Lotus imagery can be a powerful medicinal to purify our subtle energy sheath thus enhance our personal healing and our availability to assist others. Our inspiration can come from those around us. Here in grasslands the spare solitude encourages us to peer closely, within and without.

**Location:** Sky Story Bed & Breakfast/Studio, Val Marie, SK, Canada

Dates: July 19-21, 2024

Package Rate

*As a brand new retreat we are pleased to offer an early bird package rate of \$795 until July 5th! After July 5th Cactus and Lotus registration is available at the rate of \$895. Consider extending your stay to enhance your grassland experience!*

For those not staying at Sky Story Bed & Breakfast, Cactus & Lotus Retreat registration is offered at the special rate of \$585. Accommodation recommendations can be provided.

Package includes:

- 3 days of enriching retreat experience
- Two nights accommodation with breakfast at Sky Story B & B
- 1.5 days of non-toxic intuitive painting with Diana (see Nature in Me Intuitive Painting brochure [here](#))
- Sacred Smudge to prepare for a low impact self-guided walk into Grasslands (reflective assignment provided)
- Guided sitting and movement meditations
- Guided introduction to nearby meditative labyrinth walk
- Optional facilitated cultural tours of Val Marie's unique heritage Prairie Wind Silver Sage EcoMuseum, and Triple R Honey Ranch/Bio-dynamic Garden Tour
- Healthy meals and snacks
- Friday night gift certificate for local restaurant
- 15 minute post retreat follow up via zoom or telephone

### **Day One: Cactus (Walk and Inquire)**

### **Day Two: Lotus (Deep Dive & Create)**

### **Day Three: Distillation (Opening the Petals of Transformation)**

## **A Profound Experience**

It has been said that setting foot in the Grasslands awakens one's energetic awareness. It can also shift one's worldview. Experiencing the land and its history with the inclusion of self-inquiry techniques not easily found elsewhere, this transformative weekend will offer unique take-home approaches to last a lifetime, regardless of physical ability.

Note: No painting or Yoga experience is necessary though Artists and Yoga practitioners are often drawn to these practices. For those who wish, post retreat follow-up will be available with a 15 minute online consultation, gratis. Additional consultation is available at \$85/hour.

## **REGISTRATION & CANCELLATION:**

The Cactus & Lotus Retreat registration entails a brief initial consultation by phone and follow up completion of registration form including full payment. **Note:** Though the retreat may be found deeply therapeutic, the package is not to be considered therapy.

Please be sure of your schedule before booking. Due to limited registration and accomodation spaces we regret that *the early bird rate and the regular pricing are NON refundable. Exception may be made in the case of immediate family tragedy.*

In the event that Sky Story Bed & Breakfast must cancel the retreat, a **FULL** refund will be made.

### **Sky Story's Mission**

To foster wellness through creativity, a healthy Yoga lifestyle and active compassion and discernment for self and all sentient beings.

### **Sky Story's Commitment**

Sky Story offers varying levels of meditative and creative experience packages to foster self-awareness, compassion, reconciliation and true nature wisdom. We respectfully introduce simple, profound, expressive and traditionally grounded practices to those who are spent, stuck, confused, grief-stricken, needing a shift, to rejuvenate, reconnect and/or needing to discover their life purpose.

The Cactus & Lotus intensive retreat provides an opportunity for participants to learn methods which cut through the drama, chaos and calamity to foster compassion combined with the witness gaze.

Note: To acquire enhanced psychological insight including one's triggers and habits is essential to lessen one's experience of suffering, achieve personal wellness, and to be of benefit to others in profound ways.

We look forward to spending this rich and transformative experience with you!

Diana