



WonderLIT Wellness Retreat

Concord, MA ~ April 14-16

Sparking Wonder and Enhancing Wellness With Literature, People and the Natural World

Retreat to the Literary capital of America and stay in a private sanctuary home in Concord, MA for a deeply restorative experience connecting with books, people and the natural world. Time together will include literary shares from our featured book: **Collisions of Earth & Sky: Connecting with Nature for Nourishment, Reflection and Transformation**, an author connect with Heidi Barr, healing sound bath with Reiki Practitioner and Intuitive Healer, Christine Grace, and an excursion to Walden Woods with Henry David Thoreau. Healing home amenities and a variety of wellness experiences include three private sanctuary floors, indoor far infrared sauna, infrared amethyst Biomat, gymnasium, outdoor labyrinth and hot-tub.

WonderLIT Wellness Experience

Friday 4/14

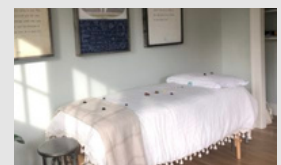
- 3pm Arrivals & Attunement Check-ins
- 3pm Labyrinth Walk/Self-Care Practices
- 5:pm "Bookend" Opening Ceremony
Sound Bath Experience
- 6pm Nourishing Dinner
- 7pm Re-STORY-ation TIME with our Curator of Books and Experiences and Literary Apothecary.

Saturday 4/15

- 9am Morning Nourishment
- 10:30am Walden Woods Nature Connect
- 12:30pm Boxed Lunch/Thoreau Presentation
- 2-5pm WONDERment Silence Retreat Time:
Slow-Reading/Self-Care Practices
- 5:30pm Collaborative Meal Experience with our Literary Nutritionist
- 7:30pm Literary Connect with Author, Heidi Barr

Sunday 4/16

- 7am Meditation/Self-Care Practices
- 9am Morning Farmers To You Breakfast
- 10am WonderLIT Wellness Read-Alouds
- 11am "Bookend" Closing Wonderments
- 12pm Departures/Attunement Check-outs



WonderLIT Wellness Retreat Experience \$899/person

Includes 2-night accommodations, curated book bundle, woodland artisan writing tablet, author connect, sound bath, Walden nature walk, farm-to-table meals and a variety of healing home amenities and wellness experiences.

Click Here to Register For WonderLIT, or go to www.curativerereading.com or call (508) 367-9091.

Your WonderLIT Wellness Guides: Curative Reading Literary Apothecary, Catherine Brooks and Curator of Books and Experiences and Traveling Bookseller, Kim Krug.