



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 exclusive 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
- 6pm Nourishing Dinner
- 7pm Literary Connect with Author, Heidi Barr



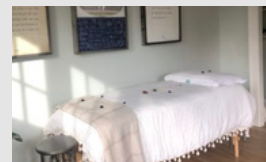
Saturday 4/15

- 8am Morning Nourishment
- 9am Sound Bath Experience
- 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 Re-STORY-ation TIME with our Curator of Books and Experiences and Literary Apothecary.



Sunday 4/16

- 8am Movement/Meditation
- 9am Morning Nourishment
- 10am "Bookend" Closing WonderLIT Wellness Reflections
- 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.

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