

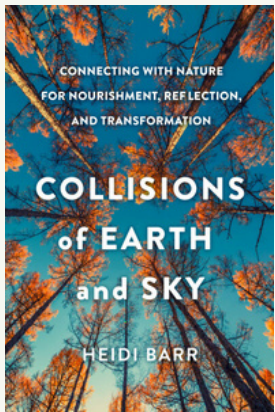
# WonderLIT Wellness Retreat

Concord, MA April 14-16



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## Featured Book



Collisions of Earth and Sky is an invitation to live in a way that is attuned to nature, paying attention to what's going on inside ourselves and in the larger collective. Guided by wellness coach and poet Heidi Barr, it is a journey of self-inquiry for digging into our origins and roots, figuring out what it means to be a good community member--both to other humans and to our nonhuman neighbors--and integrating those truths and lessons so we can add to the healing of the world.

## Author Connect: Heidi Barr



Heidi lives near the St. Croix River Valley in Minnesota with her husband and daughter where they tend a large organic vegetable garden, explore nature and do their best to live simply. As a mother, spouse, gardener, and writer, she is committed to cultivating ways of being that are life-giving and sustainable for people, communities and the planet. Heidi works as a wellness coach and coordinates with yoga studios, teachers and organic farms to offer retreat experiences.

## WonderLIT Wellness Retreat Hosts:

This Literary Wellness Retreat will take



**Catherine Brooks**  
Literary Apothecary &  
Founder of Curative  
Reading

Catherine Brooks bridges her longtime experience in mind-body health and hospitality with her own protracted patient experience. She created Curative Reading in 2019 to enable others to adapt to their own life challenges and changes and create new growth forward for the better. Since this time she has guided over 200 Curative Reading events in hospital, library, bookstore, and home communities. Her formal training comes from Boston College, The University of Massachusetts, The Ritz-Carlton Hotel Company, and The Benson Henry Institute for Mind-Body Medicine at Mass General Hospital. She has a B.A. in psychology and has been convening groups for over thirty years with a special interest in therapeutics, group dynamics, and community building. She lives in Boston's Back Bay.



**Kim Krug**  
Curator, Books &  
Literary  
Experiences, Owner  
of Monkey See,  
Monkey Do  
Bookstore

Kim started her professional life in healthcare with a successful career in sales and marketing for BlueCross and BlueShield. Inspired by her three children, in 2009 Kim opened an independent bookstore to foster a love of reading, spark curiosity and independent thinking, and promote healthy lifestyles for all ages. In 2014 she founded a week-long literary celebration hosting authors from around the world where thousands of children and families attended each year. She has extensive experience hosting unique literary events. Her background includes a B.S. in Business Management from the University of Buffalo and Masters in Health Services Administration from D'Youville College. Kim lives with her family outside Buffalo, NY.

## 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.

