

August 31, September 1, September 2
Harmony Hill Retreat Center
Union, WA

Soothe your stress with the flow of creativity!

FLOW-FIRE Whole-Self Wellness Retreat 2018

with Dr. Deanna Minich

GENERAL INFORMATION

Overview

The retreat will be led by nutritionist and author, Dr. Deanna Minich, with a focus on the FLOW and FIRE Systems of Health, which you may recognize from her books, teachings, and lectures.

What is the FLOW?

The FLOW is your sense of play, emotions, ability to move through life with ease, creativity, and partnerships. It is associated with the color orange. Sometimes we are so busy working that we forget to play. Or we've had significant trauma in our lives to the extent that we stop feeling. Emotional health and creativity are associated with good health and wellness.

What is the FIRE?

The FIRE is your ability to harness your inner inspiration and make it work in the world. It's about balance, how much energy you have, and how empowered you feel. It is represented by the color yellow. When our FIRE is out of check, we literally present as "burnt out" or "fried to a crisp" with all our daily undertakings. It can feel as though we are drowning in responsibilities without any balance.

What will we do at the retreat?

At the retreat, you will learn how to harmonize your FLOW and FIRE by:

- Engaging in creative activities with art, music, and movement, to stimulate the FLOW, or our emotions, sense of play, and connection to our senses



- Walking in nature and bringing in elements of nature to calm our inner stressed FIRE (there are 11 acres with a tree-lined trail, along with a gorgeous view of the Hood Canal and Olympic Mountains)
- Journaling in specific ways to help digest the overwhelm of what we have in our day-to-day
- Discussing unique solutions from mind-body exercises, and putting them into balanced action

Dr. Minich will be using techniques that allow us to tap into body, emotions, and thoughts, such as journaling, affirmations, guided imagery, and quiet time. She'll use the healing of color and the playfulness of creativity to guide the process.

The total maximum number of people that will be able to attend the retreat and stay onsite is 33. Reservations will be based on a first-come, first-serve basis.

If there is interest in attending the Retreat, both a signed Agreement and non-refundable payment needs to be received for attendance to be confirmed.

Location

Harmony Hill Retreat Center
 7362 E. State Rt. 106, Union, WA 98592 USA
<https://www.harmonyhill.org/>

*****IMPORTANT NOTE*****

Please do not contact Harmony Hill about any aspects of this Retreat --- all communications are handled through Food & Spirit via info@foodandspirit.com.

Dates

August 31 – September 2, 2018 (Labor Day Weekend in the USA)

Arrive: 3 PM PDT, Friday, August 31st
 Depart : 2 PM PDT, Sunday, September 2nd

Retreat Cost

Cost	Includes
\$595	<p>Shared room accommodation for two nights (with one other person); includes 6 homemade meals and materials for the retreat activities;</p> <p>You will be partnered with another person attending the Retreat. If you are attending with a friend, spouse, or partner, and would like a shared room, please inform us at the time of registration. We will do our best to</p>

	accommodate any stated roommate preferences received by August 15, 2018.
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*There is no payment plan available and the payment is non-refundable.

Meals

Harmony Hill is traditionally vegetarian, but is offering omnivore protein (i.e., chicken and fish) with prior notification. They will need to know about whether you are dairy-free or gluten-free and any medically-diagnosed food allergies. Please note that Harmony Hill does not accommodate *personal food preferences*. You are welcome to bring with you any special foods you may require during your stay.

Meal Times

Breakfast: 8:30AM; Lunch: 12:30PM; Dinner: 6:00PM

Coffee & tea available in the morning only

What to Bring

Harmony Hill is located on a rural hillside, with many gravel paths. Bring appropriate footwear and comfortable clothing. No laundry service is available.

Comfortable clothing that you can layer is recommended. Some outside walking between buildings will be required. Due to our unpredictable Northwest weather, an umbrella or other rain gear is highly recommended. Also, please bring a comfortable pair of flat walking shoes with good traction as the terrain is uneven in some places.

Bring whatever you need to help you feel at home, such as personal toiletries, etc. Harmony Hill provides bed and bath linens. They ask that guests refrain from using perfume or cologne out of consideration for any guests with chemical sensitivity.

What is NOT Allowed at Harmony Hill

- Smoking within 25 feet of building
- Pets; Due to the fact that many guests have allergies to animals, Harmony Hill has a no-pet policy on the grounds and in the buildings. Exceptions will be made if you have a condition that requires you to be accompanied by a service dog. Please notify Guest Services in advance.
- Candles
- Illegal drugs

Getting to Harmony Hill Retreat Center

Harmony Hill
7362 WA – State Route 106
Union, WA 98592

Approximate driving times:

From Seattle – 2 hours
From Tacoma – 1 ½ hours
From Olympia – 45 minutes
From Bremerton – 45 minutes
From Shelton – 20 minutes
From Portland – 2 ½ hours

Driving time can be affected by traffic, weather conditions, ferry schedules, and road construction. Give yourself extra time.

Nearby Airports:

[Seattle Tacoma \(SEA\)](#)

[Bremerton Airport \(BNA\)](#)

[Shelton Airport \(KSHN\)](#)

[Portland International Airport \(PDX\)](#)

Rental Car Information:

- Alamo: 1-800-462-5266 or www.alamo.com
- Avis: 1-800-331-1212 or www.avis.com
- Budget: 1-800-527-7000 (local reservations), (800) 527-0700 (out-of-town reservations) or www.budget.com
- Dollar Car Rental: (206) 433-5825 or www.dollar.com
- Enterprise: (206) 246-1953 or www.enterprise.com
- EZ Rent-A-Car: (206) 444-4974 or www.e-zrentacar.com
- Firefly Car Rental: 1-888-296-9135 or www.fireflycarrental.com
- Fox Rent A Car: 1-800-225-4369 or www.foxrentacar.com
- Hertz: 1-800-654-3131 or www.hertz.com
- National: 1-800-328-4567 or www.nationalcar.com
- Payless: 1-800-PAYLESS or www.paylesscar.com
- Sixt Rent A Car: 1-888-SIXTCAR (888-749-8227) or www.sixt.com
- Thrifty: 1-877-283-0898 or www.thrifty.com

Transport:

From Sea-Tac Airport to Union: <http://www.capair.com/>

Portland International Shuttle Information: <http://www.capair.com/>

Directions and Map

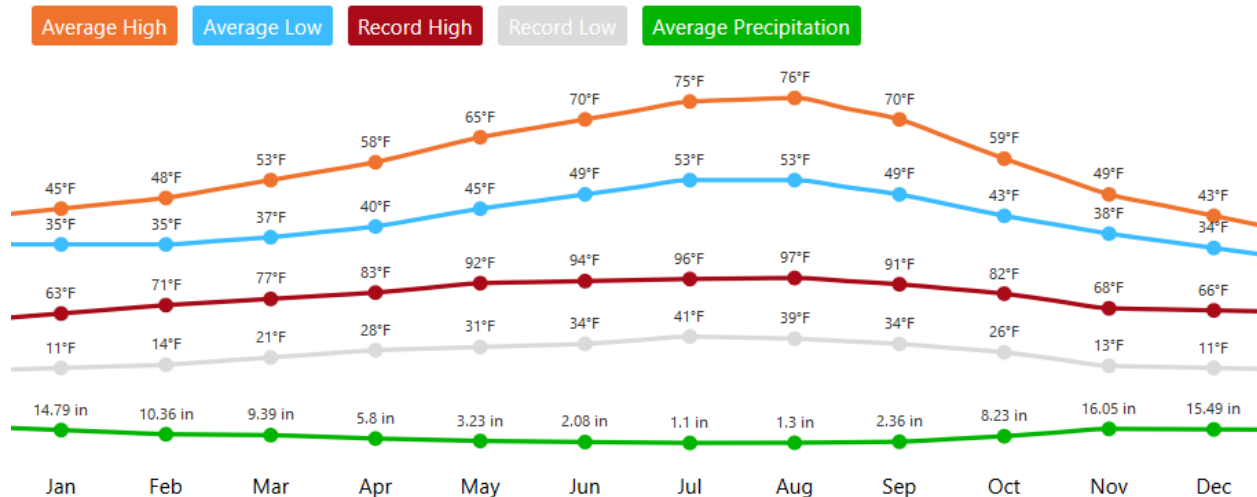
Below are links for the campus map and for driving directions. Feel free to call or email Harmony Hill with any questions about directions you may have.

Directions: <http://www.harmonyhill.org/wp-content/uploads/2015/05/HH-Directions.pdf>

Site Map: http://www.harmonyhill.org/wp-content/uploads/2015/07/HH_site-map.pdf

Weather

August is the warmest month of the year, with low precipitation.



August is on average the **WARMEST** month.

December is on average the **COOLEST** month.

How to Reach Harmony Hill

Hospitality Phone (7am-8pm during retreats): (360) 545-5208

Harmony Hill Office (Mon-Fri, 9am-4pm): (360) 898-2363

Emergency Cell Phone (weekends, evenings, holidays): (360) 463-6641

Please give their emergency phone number to family or friends who may need to reach you during your stay (as cell phone service is limited with certain carriers). Please kindly let your family or friends know not to use the emergency number unless it is urgent.

Internet

Harmony Hill offers wireless internet service. The password for their network is **wellness**. Some areas on campus may offer higher connectivity than others. The bedrooms in Creekside and each building's meeting space also offer high speed internet connection cables. A guest computer with internet access is located in the Resource Library upstairs in the Main Lodge.

Coffee/Tea/Water

Harmony Hill is blessed with tap water of bottling quality. Coffee and tea options are offered in all buildings.

Kitchen Guidelines

The main kitchen in the Harmony Hill Lodge is a commercial kitchen, and so is not open for guests to use or occupy during retreats. As such, they ask that you please do not help yourself to any of the food that is in the Harmony Hill commercial kitchen. Guests have access to kitchenette areas with guest accessible refrigerators, microwaves, and coffee/tea stations. Please clean up after yourselves in the kitchen areas.