

# *Drumming & Labyrinth Day Retreat*

*Alan Drew & Lisa Ellis*

*Our morning will start with Soul Retrieval with Alan's Drum*

*The Drumming healing will be a One-on-One experience. With the vibrations of the drum causes the person's energy to change. A vibrational shift so to speak, and negative energies are lifted from the body, as seen by a seer while watching the ceremony, bringing with it a peacefulness and cleansing. The drum's vibration will bring you to a level of healing that is so powerful~ Experience for yourself~*



*Afternoon Ceremony on the Labyrinth with Lisa*

*Walking the Labyrinth & surrender ~  
Trusting the wisdom of your intuition ~  
Identify your core challenges~  
~Ending with a powerful meditation with  
Lisa's singing bowls~*

*Looking forward to sharing a  
healing outdoor day with you. Space  
is limited call today to reserve your  
day with Lisa & Alan ox*

**Date: Saturday, July 27th 10:00am-4:00pm~ Cost: \$85 Tax Inc.**

**Healthy lunch & snacks will be served with beverages**

**Location: Boost Your Health Wellness Center in Lowbanks**

905-736-0563

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