

THE WILD COSMIC HEART RETREAT

with **Mary Anne Flanagan**, Toning the OM™

Kalani Oceanside, Hawaii

Sunday, November 4 – Saturday, November 10, 2012



Experience the exquisite and ecstatic energy of your heart that connects you to your authentic self. Using primarily classic meditation methods, shamanic journeying, guided visualizations, as well as other experiential practices, we will explore some important aspects of the heart. We will be drawing on the physical and energetic experiences as well as the inspiration of poetry and lore from various cultures, myths and spiritual traditions to awaken our untamed heart. Our week long retreat includes experiencing shamanic practices and other rituals to awaken and access our greatest source of power—our heart.

The retreat includes:

- exploring heart-centered practices
- breath-work and meditation
- experiencing heart-centered rituals and ceremonies
- practicing heart breath, sound & movement
- exploring our wild cosmic heart
- shamanic journeying/guided visualizations
- nature walks & quiet time
- a Hula Class!

COST: \$1,300 – Triple Lodge Room with private Bath. This includes all retreat workshops, 6 nights/ 7 days accommodations, three meals a day, exclusive workshop space, yoga props for personal use, a hula class. **NOT INCLUDED:** Flights between home and Hawaii, optional excursions, airport transfers (\$45 if multiple pick-ups or \$65 if single pick-up).

REGISTRATION INFORMATION: A deposit of \$300 is required to reserve your space for this retreat. To register on-line go to www.toningtheom.com or email maflanagan@toningtheom.com to receive the registration forms. Payment in full is requested by August 31, 2012.

Mary Anne Flanagan is the founder of Toning the OM™, an international healing arts company that is committed to nurturing heart connections through experiential workshops, retreats, healing, and coaching sessions. Mary Anne is a Certified Life Coach from New York University, a Shamanic Teacher, and workshop facilitator. Mary Anne received a Certificate in Coaching in Medicine and Leadership from Harvard University. She has a private healing and coaching practice in New York City.

For further information: www.toningtheom.com