



Take the time to relax, become one with the gentle energy and crystal clear seas of St. John with a solid week of relaxation, spiritual exploration, nature and fun on this island paradise

Spark of the Heart

Spiritual Retreat

From the Heart: Connecting to, Living In & Growing In Divine Love
with

Cynthia Zeki, Ph.D., RMT, Thomas Frierson, RMT, & Allison Smith, Ph.D.

On beautiful St. John, U.S. Virgin Islands

March 13 - March 20, 2010

Just Another Day in Paradise....

Early Morning – sunrise meditation or sleeping in, morning swimming or walk, silence for journaling or reflection, unscheduled time with breakfast provisions.

Mid-Morning - “From The Heart” workshop with Cynthia & Thomas

Afternoon Adventures - island exploration, snorkeling, hiking, volunteering, or lazing on the beach with a picnic lunch.

lots of free time for rest and reflection, naps, hammock warming, massage sunset meditation or hot tub time - "healthy happy hour"!

leisurely catered dinner on the deck under the stars

Evening Program and Social Time

Join Cynthia, Thomas & Allison in this powerful retreat to relax, and rejuvenate *island style*

**\$1650 per person Double occupancy \$2550 Single occupancy
(\$550 at time of booking; \$550 Oct 2009; \$550 Dec. 2009)
PayPal and personal checks accepted**

For more info: www.stjohnretreats.com or www.sparkoftheheart.com

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