

# **Awaken YOUR Light Retreat**

**Claim YOUR spot today  
on-line at:**

<https://brucknermediation.com/awakenyourlightretreat/>

**This is  
YOUR Time  
to find what  
YOU love  
for  
YOUR Life**

- ~ Explore what YOU really Love**
- ~ Clarify Your Vision**
- ~ Check Your Beliefs**
- ~ Connect with YOUR Breath**
- ~ Master Life Long Skills**
- ~ Transform Your Life**
- ~ Live a life YOU absolutely love**

**Live YOUR Life by Design**

**This is  
YOUR Time to Shine!**

**Register Today!**

**Please contact Sherry with any questions**

**320.808.3212**

**or**

**[sherry@brucknermediation.com](mailto:sherry@brucknermediation.com)**

**Awaken Your Light  
Retreat**

**September 8 - 10**

**St. Joseph, Minnesota**

### Vision Crafting and Clarifying

*As you consider what lights you up, you begin to craft a vision for a life you absolutely love. As you awaken your light, you step into your beautiful authentic self. You leave the retreat weekend with clarity, inspiration, and support to go from living by default to living by design.*

### Breathwork

*As you rediscover your own breath and body, you embrace your personal power to release what no longer serves you.*

### Peace and Reflection

*AYL Retreat participants enjoy private use of the entire EHOP space, with plenty of cozy comfort to read, reflect, journal, and connect with each other.*

### Hiking and Nature

*Nestled on the outskirts of the St. John's campus in Collegeville, Minnesota, EHOP offers access to beautiful hiking, exploring, and connecting with nature.*

### Meals

*Registration includes complete meals and bonus nibbles from Friday evening through Sunday brunch.*

### Lodging

*EHOP has sixteen beds with both single and double occupancy rooms. All linens provided (you may bring your own pillow).*

### Ongoing Support Bonus

*For six months following the retreat, you may participate in monthly AYL Zoom calls to support your vision.*

# **An extraordinary transformational weekend designed just for YOU!**

### Your Retreat includes:

*Two Nights Lodging  
Five Complete Meals, plus Treats  
All Awaken Your Light (AYL) Visioning  
and Breathwork Sessions  
AYL Journal  
Six months of Monthly AYL Zoom Calls  
Full opportunity to enjoy  
hiking and nature trails  
You pay only \$569 for this wonderful  
investment in YOU.*

### Location:

*Episcopal House of Prayer (EHOP)  
14215 Fruit Farm Road  
St. Joseph, Minnesota*

### Times

*Friday, September 8th  
Check in after 4:30p.m.*

*Sunday, September 10th  
Check out at 11:30a.m.*

## Meet Your Retreat Leaders

*Author, Attorney, Mediator, Speaker, and Brave Thinking Certified Life Mastery Consultant, Sherry Ann Bruckner works with leaders and organizations to create peace, resolve conflict, and transform visions into results. She recognizes the immense value in connecting with what truly lights you up in creating both inner and outer peace.*



*Sherry*



*Mary*

*Breathwork Facilitator, HeartMath Instructor, and Innate Lifestyle Certified, Mary Butler also brings advanced experience with Dr. Joe Dispenza's Meditation. She has worked in chiropractic healthcare for 35 years, assisting patients 1:1 in physical rehabilitation and teaching lifestyle choices.*

