



Feeling Free!
Transformational
Retreats • 2018

with
Betty Mae

at Bella Arbor
rural London, ON

Join us in our
country paradise
for a full-body
experience in
Wonder Therapy™
a more energized
approach to life.

Betty Mae





Escape the drudgery!

Ask yourself...

Are you doing **all the “right” things** and not getting the results you desire?

Are you spending all your **time and energy** trying to correct, fix, heal your money issues, your body issues, your frazzled nervous system?

Is everything you are doing to feel well **actually** making you feel well? **Have you been** to the gym, the yoga mat, the pilates studio; stopped gluten and dairy; started **green drinks** visited the astrologer, the counsellor but **still feel stuck** in your patterns?

Is your incessant mind chatter driving you squirrely? Are you **addicted to thinking?**

Is it **telling you lies** about the past and future, keeping you in anxiety, overwhelm, loneliness?

What if it was **so much easier than** we've been making it?

Why don't you... **lose your mind**, and come to your senses!!!

Each retreat gathers a group of people who are **ready to move forward together.**

This nourishing, transformative space of non-judgement will support your journey to that which you are seeking, and is more easily traversed in the company of supportive, like minded seekers.

We will swipe away those energetic blocks getting in the way of feeling well, and free: money blocks, body pain & discomfort, relationship challenges, and mental madness. Imagine having enough time, energy and peace to be able to **discern what works for you.**

I can't tell you how **excited** I am to see you

feeling fully alive!

askbettymae.com

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Relax and refocus at beautiful Bella Arbor

Where Enjoy the 15 acres of this sprawling country estate, with running creek, water-lily pond, and the iron bridge that has become a popular photo destination. There are at least 50 species of trees in this Carolinian Forest, giving it the name Bella Arbor.

Walk in the woods! Connect to nature. Connect to *your* nature.

Wisdom Know Thyself *deeply* through transformational conversation.

Wonder What if this could be *easier* than you ever imagined?

Wine (No whine!) and treats to keep you nourished.

Email bettymaeglen@gmail.com

Call or Text 519.433.0006

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Feeling Free! 2018

12 Glorious Retreat Experiences
to learn to live truly and freely!

Changing the Impossible to the Possible
How to Place an Order with the Universe (How to *ask*)
Ideal Scene (What do you *really* want?)
No Mo Money Woe (worry *free* finances)
From Overwhelm to *Energized* Co-creation
Perspective Shifts, Presence and *Possibilities*

Transform your
approach to
life, work &
relationships.

