

Stepping Stones Presents



Stepping
Stones™

A Summer Discovery Weekend

A Listening Event!

Open your mind, body and spirit to renewal as you spend a weekend being fully engaged in stress-free living. Discover an enriching approach to life through the Energy Equation.

Friday, Saturday & Sunday,
June 3-5, 2011

Idlewyld Bed & Breakfast • Lakeside, Ohio
near Marblehead Peninsula



"I invite you to join me for Stepping Stone's third annual Summer Discovery Weekend.

It will be a time for you to get in touch with your authentic self.

Our weekend offers an array of activities and experiences to reawaken your spirit and restore your energy.

Come as a couple.

Come with friends.

Come alone and devote the weekend to nurturing yourself.

I promise you will return home on Sunday relaxed and revitalized.

Susan Mikolic

Experience activities that demonstrate each Principle of The Energy Equation including:

- Overview of Energy Equation Approach to Daily Living
- Daily Meditations
- Daily Walks
- Experiential Activities to Deepen Your Connection to Guidance and Intuition
- One Command
- Decluttering 201: The Buying Diet
- Mandala Making
- Loungewear/PJ Party
- Wine, Music and Fellowship
- Journaling & Much More!



A visit to Idlewyld and Lakeside is like taking a step back in time to an era of tranquility, charm, and simplicity.
www.lakesideohio.com

Register prior to April 8, 2011 and get free 30-minute follow-up private coaching/intuitive reading session to use between August - October 2011. (a \$50 value)

Detailed agenda, registration & information at www.theenergyequation.net/retreat

Make reservations now for optional activities to enjoy during free time, including:
Intuitive Readings • Reiki • Full Body Massage • Chair Massage • Ear Candling
Spiritual Direction Coaching • Nutrition Consultation

Space is limited. Advance reservations recommended. (Additional fee.)

The Energy Equation • A Division of Stepping Stones Mental Health Educational Consulting, Ltd.

Register via mail (check/credit card) or online via credit card.

216-513-6098 • www.theenergyequation.net

Name _____

ADDRESS _____

CITY _____ ST _____ ZIP _____

PHONE (_____) _____ - _____

EMAIL _____

Single Occupancy Room \$395

Double Occupancy Room \$290

Triple Occupancy Room \$250

Rates are per person & include room, snacks

& meals (except Saturday dinner), retreat activities

Rooms assigned on first come/first serve basis.

Private bath rooms will be assigned first.

For pricing on optional activities,

visit www.theenergyequation.net/retreat

or call 216-513-6098.



CC# _____

Exp. _____

Sec. ID _____

Mail Reservations to: STEPPING STONES • 34057 GLEN DRIVE • EASTLAKE, OHIO 44095-2605

Make Checks Payable to: STEPPING STONES