



Soul Retreat by the Sea

White Point Beach Resort, Nova Scotia

In the words of a retreat participant...

"It was the best 5 days, I would rate it a 10 out of 10. I have known Libby for 10 years and I know her work so I knew that going to the retreat could be challenging, but Libby provides a very safe environment so it is easy to open up. I have reread all the work we did and I am shocked with the amount of work we accomplished – huge "things" happened there, and I didn't even realize it all at the time. I received so many answers to questions that I didn't even know I had! I went to the retreat to relax and center myself – what a surprise! so much more happened. I came back with new insights, a sense of relief, a lighter heart, so much fell off my shoulders. And of course the house, the beach walks and the talks were a dream come true. A million thanks Libby, you are one of a kind. With love and gratitude,

- Written by a participant of the first Soul Retreat by the Sea, November 2013

If you are interested in joining us on the next Nova Scotia retreat, May 9th to May 13th, 2016, please contact Libby Parker at info@solutionsfromwithin.ca