

# BACH FLOWER & NATURE DANCES A RE~SOURCING HOLIDAY



28th June to 4th July 08

or

2nd to 8<sup>th</sup> August 08



**Yvonand, Switzerland**

(one hour from Geneva airport)

Circle dancing, Bach Flowers and Jin Shin Jyutsu®  
provide keys for the circulation of energy...  
A time of well-being and sharing to

- Integrate some of the Bach Flower and nature dances
- Study the remedies & meet the flowers in nature
- Prepare a Flower essence (weather permitting)
- Learn and practice Jin Shin Jyutsu® self-help

Each day, 5-6 hours of activities and one meal in common.  
Free time for lakeside activities, swim, walk and rest...

Cost: 350 Euros (including tea breaks and one meal per day)  
Book your own accommodation in nearby campsite, caravan, B&B  
or hotel in the area. [www.camping-yvonand.com](http://www.camping-yvonand.com)  
(help and suggestions available)

Detailed programme available from  
**Martine Winnington, Re~Sources, 11 rue de l'Ancien Stand,  
CH-1462 Yvonand, Switzerland Tel: int + 41 24 426 38 87  
[www.martinewinnington.com](http://www.martinewinnington.com) [martinewinnington@hotmail.com](mailto:martinewinnington@hotmail.com)**

