

***Raw Foods Natural Hygiene
Massage Therapy &
New Life Patterns***

*at the
New Life Retreat Centre for Wellness and Eco-Living
August 26, 27 & 28, 2005*

with

Dianne Knight

New Life Patterns Trainer

and

Christine Dixon

Registered Massage Therapist



Pear in Dish Photo © Dianne Knight 2005

Contact: Dianne Knight

Tel: 416-821-4939

**[http://health.groups.yahoo.com/group/rawfoodsnaturalhygiene/
raw_foods_natural_hygiene@yahoo.com](http://health.groups.yahoo.com/group/rawfoodsnaturalhygiene/raw_foods_natural_hygiene@yahoo.com)**

Dianne Knight

Integrating Body, Mind & Spirit

In 1985, Dianne Knight felt that Natural Health Care was her highest calling. She learned many things and achieved natural certifications and awards of merit and recognition. Due to the dedicated care and teachings of a handful of very dear friends in natural health & inspired by Dr. Milton Erickson's own example, Dianne came through severe personal health challenges.

In 1991, Dianne completed "*Trainers Track*" in *New Life Patterns* with Dr. Greg Cheatwood, D.C., and succeeded in doing the skydiving free-fall exercise with the help of two world champions, an exercise in overcoming fear. For her own health challenges, her team of people was the finest and at the same time too remote for all that she needed, so she took charge and listened to her trainer's voice inside her head.

Christine Dixon

Providing hands on help to better health and well-being.

Christine is in her twelfth year of practice as a *Registered Massage Therapist* and uses a combination of massage, craniosacral therapy, meditation techniques and yoga to move her clients toward a greater state of wellness and happiness.

Dianne Knight (continued)

When well enough to return to work half-time, she met a hygienist, Les, who befriended her, won her trust, totally cared for her and shared all his knowledge of *Natural Hygiene*.

At one moment in her life, many years ago, that hygienist, Les, rather than asking anything in return, asked of her to always serve *Natural Hygiene*. It has turned out to be the most beneficial promise of her life, a standard that she measures her actions for others by.

A Self-Healing Weekend Retreat

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at the

New Life Retreat Centre for Wellness and Eco-Living

www.newliferetreat.com/

*In a specially selected
organic living centre nestled in the arms of
Mother Nature in an open country setting*



Relax in the outdoor Jacuzzi & soak in all the beauty & sounds of Nature.

Enjoy 100 organic acres, with lots of

outdoor fun

clean fresh air

alive with bird songs & tree toads

nature trails

lake & pond swimming

canoeing & kayaking

sun-bathing & jacuzzi

(All outdoor activities are weather-permitting.)

What We Offer

An experiential weekend

in a casual & relaxed atmosphere

welcoming all your questions



*The solarium is bright and cheery.
It's also where the sprouts grow!*

*Reap all the benefits of Living with Natural Laws
The pleasure of fresh air, pure water, rest, adequate sleep,
sunshine, activity & exercise, wholesome raw
organically-grown & exotic natural foods,
play and recreation, mental & emotional poise,
self-mastery, belonging to a social group,
expression of unconditional love for others &
satisfaction of our aesthetic senses.*

Raw Foods Natural Hygiene



Our spacious comfortable eat-in kitchen.

*We give you an overview
of all factors that contribute to
health & self-healing.*

*We show you
what minimal
kitchen equipment is required
& the tremendous benefits
of doing as little
food preparation as possible.*

*Introductory & Advanced
New Life Patterns
Workshop Sessions
based on the needs of the people enrolled*

New Life Patterns

**For the New Life Patterns Workshops,
we offer a mind-body approach &
a study of communications,
both verbal and non-verbal &
its effects on the nervous system
to achieve
personal, family and business success.**

**Models of excellence are utilized to construct
new patterns of behaviour to enhance
the human potential, so that we may control
our own mental, spiritual and physical states
so that we may achieve our desired outcomes.**

*Inspired by
Dr. Milton Erickson's own example,
& with the care & teachings of
a few dear friends in natural health,
Dianne came through
severe personal health challenges.*

*Learn to self-heal!
Take Responsibility!
Transition to a lifestyle with
optimal conditions for you
to create your own true health
& achieve what is possible!*

- ◇ **Respect** of Fellow Creatures & Fellow Human Beings based on
Unconditional Love for self & all others sharing this planet
- ◇ **Rapport Skills** - Establishing and maintaining trust with
everyone
- ◇ **Equality** - skills for everyone
- ◇ **Relaxation** and **Visualization**
- ◇ **Communicating** in the **Positive**
- ◇ **Sensory Acuity Outcome** - Visual, Auditory, & Kinaesthetic
exercises & experientials
- ◇ **Cybernetic** Thinking Patterns to inspire you to take positive
Massive Action in any situation

*Personal Growth & Sharing in
Retreat Weekend & Workshops*

*The lifestyle options & workshops are intended for
personal growth only for you to enhance your own potential.*

All group exercises are optional.

*Strategies offered are non-invasive & supportive according to
individual needs within the group.*

Feel free to disclose only what you choose.

Massage Therapy

Christine Dixon

Registered Massage Therapist

Massage Therapy

- *Swedish technique*
- *relieves pain and tension*
- *soothing and relaxing*
- *being touched gets you “in touch”*

Craniosacral Therapy

- *uses the bones of the skull (cranium) and the base of the spine (sacrum) to manipulate the nervous system*
- *gently releases the internal tissue tensions not accessible through massage*
- *accesses the parasympathetic nervous system (rest and digest mode) to facilitate a state of deep relaxation and calmness*

The Wave Work

- *a facilitated meditation*
- *brings you into direct experience with self and life*
- *teaches you to assimilate and integrate all of your experiences by allowing the energy of the moment to move through your body (often in the form of waves)*
 - *promotes a state of compassionate awareness*
 - *deeply healing*

Yoga

Christine has been teaching yoga for the past nine years and is certified in The Foundations of Svaroopa Yoga.



*People enjoy their meals & visit in the solarium,
with an absolutely spectacular view
through wraparound windows!*

Beds, Meals & Massage Therapy

There are 10 openings for people staying in the Main House or bring all your own camping gear and pick a site outdoors.

Meals will be food-combined & prepared for you as all **Raw Natural Hygiene** with **Fresh Whole Ripe Organic & Exotic Plant Foods**.

Breakfast & Lunch are fresh fruits with celery & lettuces.
Dinner is fresh fruits, tender young greens & a sprouts salad & fresh durian, avocado, nuts or seeds.

Should any personal dietary restrictions apply, please notify us well in advance.

We have 10 openings for **Registered Massage Therapy**.

Please book early!



This is the life folks!

Your Weekend at the New Life Retreat

- ❖ *Orientation walk of the grounds Friday evening before dinner*
- ❖ *Welcoming Friday night, writing and/or stating your personal growth objectives for the weekend*
- ❖ *Bonding group session by the Main House woodstove Friday night*
- ❖ *Two Nights accommodation, sharing with 4 people to a bedroom, our bedding & towels provided or outdoors camping*
- ❖ *Six Delicious Meals all prepared as Raw Foods Natural Hygiene*
- ❖ *Bon Fire on Saturday night, weather permitting*



*Looking west from the front bedroom balcony,
you can view the sunset & breathe in
pure enjoyment.*

Information: Dianne Knight

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Arrival & Departure

Friday, August 26th 4:00 PM until
Sunday, August 28th 4:00 PM

Accommodations

Main House sharing **or**
Outdoors Camping

Optional Friday daytime, Sunday night & Monday Extras!

Book early for Private Session New Life Patterns consultations &
for your additional accommodations & your extra meals.

Registration

Call or e-mail and then send your name, postal address, telephone
numbers and e-mail address, including a (non-refundable if you should
cancel), \$ 200.00 partial payment (cheque or money order) to:

**Dianne Knight
1 Whitmore Road, Unit 7, Suite 23
Woodbridge, Ontario, L4L 8G4**

Please R.S.V.P. as soon as possible to ensure your reservation!

Guests' Fee Schedule

Basic Package investment is on a sliding scale.

Main House & Meals, per person, per day \$75 or \$100

Camping & Meals, per person per day \$50 or \$75

plus GST on Accommodations portion

Raw Foods Natural Hygiene & New Life Patterns Workshops

Registration is on a sliding scale.

Workshops per person per day \$75 or \$100

Optional Services: Body Work and Private Session Consultations

Massage Therapy, Craniosacral Therapy, The Wave Work & Yoga

with Christine Dixon

Please contact Christine directly

tel: 613-253-1027

or e-mail her at:

Christine M. Dixon cdixonmt@magma.ca

New Life Patterns Private Session Consultations

with Dianne Knight, per 1/2 hr

(before Friday 4 pm & after Sun 4 pm) \$50

Work Exchange Option

Kitchen assistants, per person, per day,
for those who want to learn hands on -\$20

***** If you are not available for this weekend coming, please contact us to be notified for future workshops.**