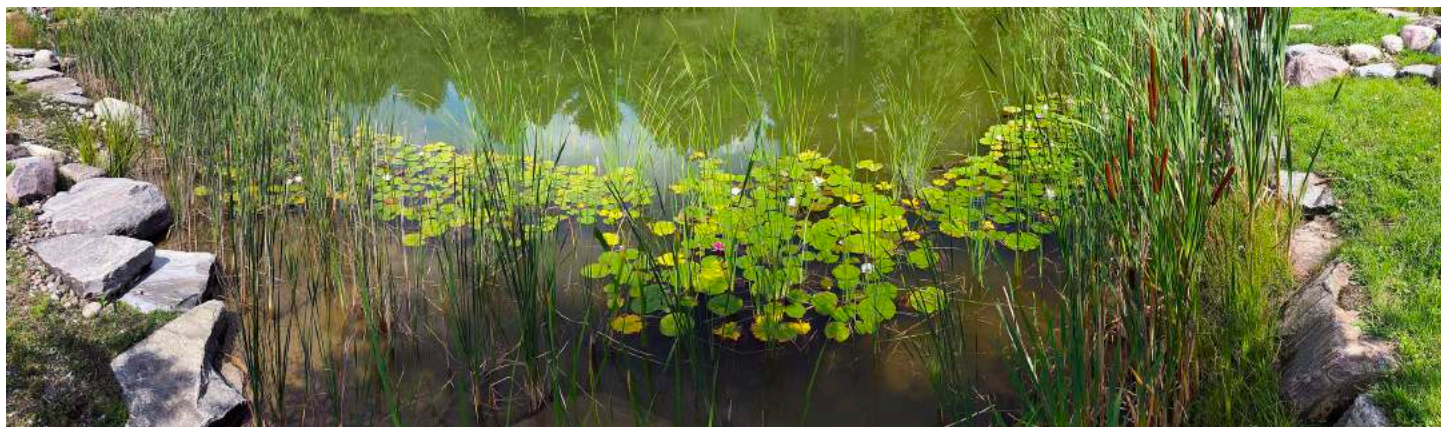


Higher RETREATS

Summer 2019



Higher RETREATS will soothe your soul, lift your spirits and transform your inner state.

Our private retreat property is set in a beautiful serene environment just one hour from Toronto, and features gardens, pool, pond, outdoor yoga pavilion, meditation labyrinth, hours of forest trails and a large limestone firepit for evening bonfires. There is no traffic or pollution and all you will hear is wild life, waterfalls, streams, and conversations between like-minded people.

The retreats feature a carefully planned menu of delectable foods, along with holistic healings to choose from: aromatherapy, yoga, meditations, readings, walks, as well as relaxation, food and music by the pool and in various recreational areas around the property.

Higher RETREATS are themed around spiritual concepts that are impossible to explore in depth during normal daily life. The retreat focus allows you to transform your attitudes and put closure on painful experiences, and helps you make decisions that will move you forward in helpful new ways.

This year's retreats are \$100/day to cover out-of-pocket costs for all the activities, food, staff or \$200/day including transportation from Toronto, but attendance is limited and on a first-come first-served basis. Additional offerings such as massages and healing products may be available for a fee from healers and practitioners on-site.

So come spend a day in the countryside exploring your life purpose and discovering new ways to ground yourself. Meditate by a waterfall, have a massage under the willows, take an aromatherapy treatment in the lilac grove, bask in the pool, or go for a mindfulness walk in the forest.

This retreat will allow you to focus on your higher purpose and give you new tools to decode why you're here, while you leave the stresses of life behind.



Soper Country House used for Higher Spiritual Retreats

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"We were there for a day and it felt like a two-week vacation."

Mag Ruffman & Daniel Hunter, July 2018

Themes for the 2019 Higher RETREATS

July 7th, Higher Power | [Buy Tickets](#)

Is there a God or a Higher Power? How do you find grounding? What is the purpose of meditation and prayer? Is it empowering or defeating, and so many other questions? This day's theme neither supports nor contradicts any religion. If you believe in God, then this day will strengthen your personal connection with the God of your understanding whatever it may be. If you do not believe in or are unsure about the existence of God or a Higher Power, then this is a rare opportunity to help you put closure to that question and become viscerally cognizant of the benefits of such a connection and how to achieve them in a way that is comfortable for you.



August 4th, Higher Perspective | [Buy Tickets](#)

Why and how do you see life differently from others? What shaped your perception and how does it impact you? How do you find a reliable external frame of reference for greater grounding? Is your mind a dangerous place? How can you let go of your self-centeredness? Is humility an empowerment or defeat? What is success in life, and so many more questions? No matter what your life condition is, this day will help you appreciate the benefits to you of a much wider perspective and how to achieve it through relationships, transparency and connection for a greater sense of gratitude and happiness.



August 25th, Handling Challenges | [Buy Tickets](#)

Why does life keep challenging us? Is there a master plan or reason for these challenges? Are they a curse or a blessing? Can you prevent them? How can you acknowledge your feelings without destroying yourself or your relationships? Do bad things really always happen for a good reason? Do you really have to experience pain and deprivation to feel happiness and contentment? How can you handle an unspeakable loss? How can you capitalize on the lowest lows, and so many more questions? You will always encounter challenges and this day will help you embrace them and grow from them with exercises on how to best deal with challenges by applying the Higher rules.



Sept. 14th, Higher Purpose and Full Moon Celebration | [Buy Tickets](#)

What is the meaning of life? Is there a purpose to it and how can you achieve it, and will that make you happy? What is life trying to tell you through your gifts? What does Trust have to do with it? Is sacrificing yourself for another a good thing for either of you? Are things really always the way they are supposed to be? What are Distracted Living, Mindfulness and Living in the Moment and so many more questions? This day is to help you clear your mind, recalibrate your priorities and shed your fears to embrace a larger life and, in our Full Moon closing ceremony, celebrate joyously our physical connection with our planet.



October 6th, Shedding Resentments | [Buy Tickets](#)

What are resentments, and what do they do for you or to you? Are resentments about what others did, or a reflection of your life condition, and what you did to others even if you cannot see it? What can resentments teach you? Do you have to let them all go? Do you even know all of your resentments? How can you let go of an extreme resentment? Can this help you resolve childhood trauma, and many more questions? We all have resentments to some extent and this day will help you understand why and how you can let go of all your resentments to free your subconscious mind from feeling victimized and vulnerable and isolated. This day will ground you in a greater sense of tranquility, peace, belonging and happiness.



Higher Retreats are alcohol and drug free events.