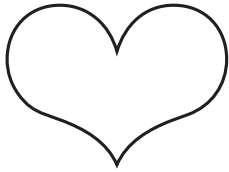


# HEART OF THE MOUNTAIN RETREAT

Come to the Heights of Mt. Shasta for a peak mystical experience!

Facilitated by Valerie Donner

*"There is no place like Mt. Shasta – a place where Heaven and Earth meet!"*



DATE: Thursday, July 20, 2006, 1:00 PM until Sunday July 23, 2006, 3:00 PM

LOCATION: The City of Mt. Shasta (directions will be provided upon registration)

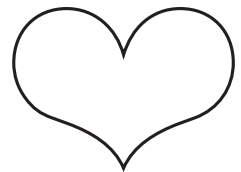
COST: \$444 includes bath and sauna at Stewart Mineral Springs, and Sunday brunch at the beautiful Mt. Shasta Resort (receive a 10% discount-\$44 if you register by June 15)

*Information about lodging and camping will be provided.*

Through spending time in nature, walking, meditating, and being nurtured deeply, you will experience teachings, channelings and visits to sacred sites on and around Mt. Shasta. Come be touched in the heart and soul by the beauty of Mt. Shasta.

**This sacred retreat will facilitate the following:**

- Relaxation and rejuvenation
- Healing
- New awareness of self
- Improved meditation
- Greater awareness of Mt. Shasta and nature
- Being in joy and beauty at the mountain



Includes a Lemurian experience with Louise Jones author of three books about Telos the city under Mt. Shasta that is left over from Lemuria.

And a magical experience with Nan Olson and her gifts from the mineral kingdom

*Valerie Donner* is a spiritual counselor, intuitive reader/healer, teacher and channel. She works deeply at the heart and soul level to facilitate healing and transformation. Valerie has been meditating twice a day for over 30 years. She is the founder of The Ground Crew website, [www.thegroundcrew.com](http://www.thegroundcrew.com). She lived in Mt. Shasta for three years and is pleased to share some of the blessings she discovered of this sacred place.

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## Heart of the Mountain Retreat Registration Form

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Please make checks payable to: The Ground Crew and mail them to P.O. Box 5705, Walnut Creek, CA 94596

We can accept MasterCard, Visa, American Express. Name on the card: \_\_\_\_\_

Card number: \_\_\_\_\_ Expiration date: \_\_\_\_\_

*Space is limited so please register as soon as possible. Registration must be received by July 10, 2006.  
Workshop fees are non-transferable and non-refundable unless we are notified 2 weeks before the event.*

**For questions or to register over the phone please call Valerie Donner at  
The Ground Crew, 925-287-8976, or e-mail [valeriedonner@sbcglobal.net](mailto:valeriedonner@sbcglobal.net)**