



March 23, 24, 25, 2012

Friday Evening, Saturday & Sunday Morning

Space limited – Registration necessary by Mar 15th

Mail registration below with check payable to:

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Payable to: The Henry Foundation
P.O. Box 540501, Omaha, NE 68154-0501

Adult Rate* Entire weekend (\$95) ___
Saturday only (\$60)___

Student Rate* Whole weekend (\$60) ___
Saturday only (\$45)___

Partial Rate *** 1/2 Day Saturday (\$30 ___
1 Speaker only (\$25)___

****48 Hr Cancel Policy- 6PM Wed prior***

**Wk End Price all inclusive - include cabins, speaker presentations, sack lunch & dinner Sat.*

***Saturday only Price - includes all speaker presentations, sack lunch & dinner*

****1/2 Day Saturday – includes speaker presentations*

e-mail
(Required) _____

Name (Required) _____

Phone Number (required) _____

Address _____

City _____ **State** _____

Zip _____

Check # _____ **Amount \$** _____

Vegetarian Meal Plan ___ Yes ___ No

<----- (Cut here) ----->

The Henry Foundation, a 501c non-profit organization is a metaphysical & pro-spirituality discussion group. It is not affiliated with or focused on any particular organized religion. The Foundation embraces many similarities rather than differences between belief systems in all spiritual faiths & philosophies

Expect extremely positive energy!

The Foundation sponsors classes and retreats featuring guest speakers on a variety of philosophical, metaphysical & spiritual topics with the intentions of promoting positive personal growth. Participation is welcome in open discussions.

Check out our Classes

*** WHERE TO GO!**

Uniquist "Division of the Henry Foundation"

Rents space from Unity Church,
3424 N. 90th St., Omaha, NE - Lower Level
Enter rear door \$6 love offering is
Suggested, but not required.

Time: 7- 8:30 PM
1st & 3rd Mondays of each Month

Uniquist

"A Division of the Henry Foundation"
P.O. Box 540501
Omaha, NE 68154-0501
Phone: 402-334-8154

e-mail: info@thehenryfoundation.org
www.thehenryfoundation.org
www.UniquistBlog.org

Spring

Retreat

March 23, 24, 25, 2012

Friday PM, Saturday & Sunday Morning

"Expanding Awareness"

Saturday 3/24/10

Letting Go – Henry's Teachings

By Jody Garretson

Akashic Records - Mysteries Unveiled

By Athena Muhs- Lincoln

Traditional Chinese Medicine & Acupuncture

By Sandra Kreber – Bellevue

Sunday 3/25/10

Tai Chi

By Sean Bradick – Omaha

Enjoy the Following Saturday 9AM-7:30 PM

Readings

Athena Muhs

Sandra Kreber

Vendor

Massage - Kara

Heckerroth

Platte River State Park

14421 346th St., Louisville, NE 68037-3001

*Lodging provided in Owens winterized Cabins
Saturday presentations & meals at Mallet Lodge*

We invite you to join us! Space is Limited!

Friday, Mar 23, 2012

Introductions
7:00 PM *Opening Meditation*
Metaphysical Movie

Saturday, Mar 24 2012

8:15 AM *Personal Meditation Time*
Fresh Morning Walk

9:30 AM *Letting Go – Henry’s Teachings*
By Jody Garretson

Why Do we come to planet earth? How do we grow? Are you on target with personal growth?

Jody Garretson, student of life, Silva Mind & SFL, Henry Fdn Bd Mbr, studied under Henry for yrs. Jody shares Henry’s teachings in hopes to inspire & encourage others - “Help make their life go better.

**10:30 AM - Akashic Records -
Mysteries Unveiled**



By Athena Muhs

You can heal your past by releasing limiting actions & thoughts by accessing the Akashic Records, reconnecting you back to your true identity & purpose. The Akashic records are a collection of mystical knowledge that is encoded in a non-physical plane of existence. By tapping into the etheric, holographic repository of info for human consciousness, YOU have the ability to access your past, present & future potentials, healing the unwanted. *Athena, Ascension’s Akashic Record Advisor & Soul Essence Coach, is a gifted, well-respect spiritual healer & coach who assists in the empowerment of others to release lack & limitation & claim their true divine purpose. Consultations available before & after the presentation. Call 402-805-5025*
<http://www.ascension-now.com/>

**12:00 Noon Catered Sack Lunch
at Mallet Lodge**

2:30 PM *Traditional Chinese Medicine
& Acupuncture*



By Sandra Kreber, LAC DC

Acupuncture, a form of Chinese Medicine is the oldest ancient healing art in existence. It is one of the most holistic medicines. Signs & symptoms are addressed in relation to the body as a whole, comprising body, mind, & spirit. Sandra will be bringing needles to demonstrate & allow questions and answers session. *Sandra, Licensed Acupuncture from Bastr U. She is a Licensed Massage Therapist. Masters of Acupuncture is affiliated with Heartland Chiropractic in Bellevue.*

5:30 PM Catered Dinner in Mallet Lodge

**7:30 PM Briefing re: Energy Circle
for those new to the experience**

Dan Lombardo will give a brief overview of the mechanisms & purpose of the Energy Circle for anyone who has not experienced the Energy Circle before, preparing them for a great experience.

8:00 PM *Energy Circle/Meditation*



Led by Dan Lombardo

Expect the unexpected! The Energy Circle will be facilitated by Dan from this side. However, it is highly probable that Henry, Master Teacher & beloved friend will facilitate on a higher level in a fascinating experience demonstrating the power in focused group energy. This is a favorite of many previous attendees. Many have received healings, messages or enlightenment. *Dan, Student of Life is a Henry Fdn Board member. He leads Uniquest’s classes & Energy Circle.*

Sunday, Mar 25, 2012

9:30 AM *Tai Chi*



By Sean Bradick

T'ai Chi, a Chinese form of martial arts, has evolved into a healing art. It is a method of meditation in motion, holistic in nature. The flowing sequence of movements can be practiced by most anyone at most any time. They bring the practitioner a keen sense of mindfulness, relaxation & clarity while improving balance, strength, flexibility, memory & concentration.. *Sean has taught Tia Chi & Qi Gong since 2004 specializing in forms for seniors & students with M.S., arthritis, vertigo, P.B.I.s, osteoporosis & other debilitating diseases. He also teaches authentic Yoga & Meditation to students & instructors in the area. He holds degrees in Allopathic Psychology, Ayurvedic Psychology & Medical Yoga Therapy. www.yogadharmi.com*

**Please Note - *Programs + Saturday Lunch *
& Dinner held at Mallet Lodge**

* Owens Cabins: Lodging, bedding, & towels are included in the fee for the whole weekend.

* Cabins include Shower & Restroom, Bunk Beds, Kitchen, Frig w/freezer, stove & microwave, Dining & Living areas.

* Suggestions to bring include: Flashlight, snacks, breakfast items, Friday meal, & beverages you want to drink between meals.

*Saturday sack Lunch & Dinner included.

***Nebraska State Parks Permit required
\$4.50/day *** Please Purchase at Park Office**

Any Questions?

info@thehenryfoundation.org
402-334-8154

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