

## News Release

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## Rock Island Parks and Recreation Day Retreat to Relax and Re-energize

Everyone deserves a get-away, but we can't always find the time or money for a long vacation. The Visualize Inner Peace Retreat has been created for anyone who needs a short but meaningful break to rejuvenate.

"As a mom who also works a full-time job and two part-time jobs, I know how difficult it can be to take time for yourself," says Minda Powers-Douglas, who will be leading the day-long workshop. "This retreat provides an opportunity for people who are constantly busy to stop, take a breath and relax...with *purpose*."

The purpose: for participants to have an enjoyable day away while focusing on methods to make their lives more positive. The process: incorporating tools such as creative visualization and meditation, including Bliss Boards (vision boards), using collage images and ideas of "what you want your life to be," whether it's to find love, get the job of your dreams, or live a more fulfilling life; and Gratitude Journals to remind us of everything great we already have in our lives.

Participants will also be treated to professional chair massages; a tasty, healthy lunch; and the natural surroundings of the historic Hauberg Civic Center.

This VIP Retreat will take place Saturday, October 17, from 9:00 a.m. to 3:30 p.m. at the Hauberg Civic Center in Rock Island. Cost is \$30 (pre-registration required), with a \$16 materials fee payable to the instructor the day of the event.

To register, call 309 732-7275 or visit epark at [www.rigov.org](http://www.rigov.org) (use Code # 7389).

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