



REGION 2: VANCOUVER ISLAND AND GULF ISLANDS REGION
CONTINUING EDUCATION
RETREAT

Mary Reher BMT MTA FAMI



Landscape Seascape Innerscape

Self-Care through Nature, Music and Stillness

June 5, 2016
Pender Island

First, we will explore our inner lives using music and art as a guide.
Music and Imagery will help us to access our inner landscapes.

Following lunch, we will spend some time in nature, sitting or walking in stillness.
We will complete our day with an expression of voice and resonance, followed by a delicious
period of silent meditation, shared together.

Limited space. Five (5) people.

Cost: \$30 non-refundable **deposit** (plus travel \$30 approx.)

Date: June 5, 2016; **Time:** 10:45 AM to 4:00 PM

Venue: Mary's home and studio on Pender Island

Registration and inquiries: mreher@shaw.ca **Mary 1.250.629.6431**

Please confirm by May 15 ; Deposit confirmation

Mail deposit to : 5900 Pirates Rd. Pender Island, BC, VON 2M2

Give yourself this gift of music and renewal
surrounded by the beauty of nature...



**Every therapist needs a break
A time to reflect inward
A time to re-charge the batteries**

For all of us, there is more than one reality: the one of our waking conscious lives, plus the one of our deeper, inner lives. This inner world can be glimpsed in dreams, in moments of intuition, and in creative inspiration.

Through an adapted form of the Bonny Method of Guided Imagery and Music, we can effectively access this inner world, bringing up a wealth of images and stories from this deeper level of ourselves. Sharing the stories and art that arise from our ‘music-dream time’ with other interested participants, provides support and acknowledgement for our most unique, personal selves.

The benefits of this gentle music-centered approach are numerous, and may include

***stress relief,
creative inspiration,
insight into past or present situations,
spiritual experience, and
an expanded understanding of oneself***

Allow yourself to breathe and blossom. Your clients & families will thank you for it.

Mary Reher is one of the earliest Music Therapists to be trained within Canada. She has enjoyed the diversity of working with many ages and clientele, crafting a practice that uniquely fits her life and her long time home, Pender Island. Mary holds a Bachelor degree in Music Therapy from Capilano University, and is a Fellow of the Association for Music and Imagery. She has contributed to professional publications, presented at conferences on her work using GIM with a First Nations client, and on Music and Imagery in healing unresolved grief in children. Mary believes there is a steady light that resides within each one of us. She seeks to assist clients in recognizing this light, and learning how to let it shine, through music.



Mary has a large organically grown garden and orchard, and has a meditation practice. She is looking forward to sharing her home environment with you!

Inquiries: mreher@shaw.ca Mary 250.629.6431 **Deposit confirmation May 15**

Nature Music Stillness

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Testimonials

From the last retreat:

“I found myself feeling awed and inspired by the work of Mary Reher, even over a month later. The transition between activities was seamless - I loved Mary’s gentle, accepting approach especially in her use of language. It was an excellent time and I would highly recommend it to others in the helping professions.”

Maryann Burrows VP, MTABC

“The day ended all too soon. I felt so calm, rested and unwound.”

Nejama Ferstman, MTA

“I’m most grateful for the safe, secure space in which to be open to my peers, to feel comfortable enough to be vulnerable in front of others. No judgement, just support.” Catherine Staples, MTA, FAMI

“Nature is how I personally connect with spirit. Pender Island and Mary’s home was an incredible place to do this.” Louise Cadrin, MTA, FAMI

