

“The much-needed healing and spiritual development at Red Mountain was life changing!”

- Retreat Participant

Transforming Loss— A Healing Process™

4 Day Retreat For Those Who Have Lost a Loved One

Wednesday, March 7 – Sunday, March 11, 2018

Come to Red Mountain Resort for a truly meaningful and restorative weekend workshop for those who have lost a loved one. Connect with others who are also experiencing the unique challenges of loss in a nurturing and beautiful environment. With the guidance and expertise provided by Judith R. Burdick, MA,LLP: grief survivor, psychotherapist, workshop facilitator, and producer of the award-winning film, *Transforming Loss—A Documentary*, you will find the balance needed to heal.



Weekend includes:

- Private hikes
- Connecting in a sacred and safe environment
- Small group processing
- Healing through additional health promoting activities
- Enjoy world class spa treatments



Judith Burdick, grief specialist, began her journey in understanding grief and loss at the age of 31. Married with two small children, her husband of 10 years was killed in a scuba diving accident. Judith knew she needed to do something meaningful to help her thrive and grow through her loss. So began her healing quest for herself, and for others.

For more information, visit JudithBurdick.com.

Book your reservation today! Call 877-246-4453 or visit JudithBurdick.com