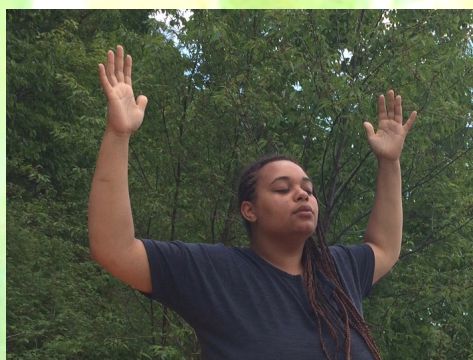


# Garden of the Soul Retreat Day

at DIASPORA GARDENS on Madeline Island with Regina M. Laroche

Engage your senses, body, creativity, and wisdom in a time set apart to connect with the natural world, a community of friends, and the possibilities growing within.

A full day to experience the teachings and invitations of small-scale sustainable farm gardens on the edge of beautiful Lake Superior... An opportunity for discernment, exploration during transitions, deepening friendships, fresh starts, rest, and self-care.



Photos by Abigail Gentry



*Founder and director of Diaspora Arts and Diaspora Gardens, Regina's offerings rise from the intersection of art and the unifying stories of humanity and the earth. Regina's story, dance, creative guidance and work are shaped by her life of small scale farming, family, community along the edge of Lake Superior on Madeline Island, and her cultural heritage. Regina is experienced in the creative dance and story work of InterPlay, is trained in spiritual direction and holds a theatre degree from St. Catherine University.*

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