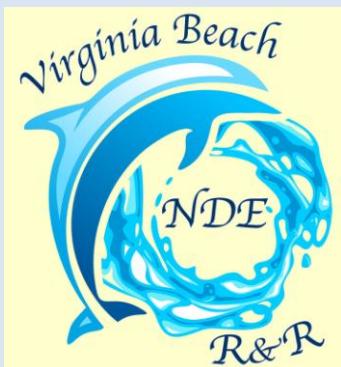


About NDE R & R

Sometimes we just need a vacation—especially in these times of change and challenge—and no one knows that more than a Near-Death Experiencer! We've felt the LOVE and we miss it! **NDE R&R** arose from the desire to chill out and connect with other Near Death Experiencers:

- To hear and share our NDE stories
- To share what we've learned through integration
- To discuss the after-effects and how to cope
- To talk about any new gifts and how to use them
- To discuss how to take our new knowledge "on the road"
- To simply talk heart-to-heart with others who "get it"
- To network and help each other fulfill our missions
- To share the Love

**Others with life-changing spiritually transformative experiences welcome!*



At SpringHill Suites Marriott

SpringHill Suites Marriott – \$99/night+tax
901 Atlantic Avenue (9th & Atlantic)
Virginia Beach, VA 23451 (757)417-3982

All oceanfront suites with private balcony; one king or two queen beds, pull-out sofa, wet bar, refrigerator, microwave, and coffee maker; free high-speed wireless internet; free full, hot breakfast buffet; heated indoor pool, whirlpool, and exercise room; guest laundry facilities.

Next to the 3-mile-long Virginia Beach Boardwalk. Close to the Virginia Aquarium, Virginia Museum of Modern Art, Virginia Beach Fishing Pier, Edgar Cayce's Association for Research and Enlightenment, and many other attractions for the whole family.



NDE R & R

Refresh, Renew, and
Reconnect

in Virginia Beach

October 13-16, 2016

A gathering of those who have been to the "other side" and/or have had their lives forever changed by a spiritually transformative event





About the Gathering— October 13-16, 2016

NDE R&R is only open to those who have had a Near-Death Experience (NDE) or other major life-changing spiritually transformative experience (STE), who wish to meet in a peaceful, safe setting to talk about issues related to integration with other experiencers.

The gathering provides time in a safe environment—through a balance of structured program and unstructured time each day—to rest, reflect, learn, and share with other experiencers who are supportive and understanding of all the changes and challenges that take place following an NDE or STE.

During the structured program, experiencers will have opportunities to listen and share about what they experienced, what they learned, their challenges, after-effects, integration, new gifts/abilities, and mission and purpose. During unstructured time, enjoy the beach and Boardwalk, and other nearby attractions/activities.

At NDE R&R, we aim to create a clear, protected, personal space where everyone's reflections and experiences can safely and privately be shared and be received with respect—without proselytizing, judgment, or disclosure outside the gathering.

Note: NDE R&R does not provide psychotherapy, counseling, or any other psychological/medical treatment, nor does it give referrals to such services.

NDE R&R Preliminary Schedule	
<i>Thursday</i>	4 pm - Hotel check-in 6 pm - Meet & Greet (lobby) Dinner Out or Order In
<i>Friday</i>	Yoga or Group Prayer/Meditation Free Breakfast in the Lobby <i>Sharing our NDE/STE stories</i> Lunch Out, Mingle, Boardwalk Roundtable Discussion – <i>Challenges of Integration</i> Dinner Out; Free Evening, Movie, or Conversations on the Beach
<i>Saturday</i>	Yoga or Group Prayer/Meditation Free Breakfast in the Lobby <i>Sharing New Gifts/Abilities</i> Lunch Out, Mingle, Boardwalk Roundtable Discussion – <i>Pursuing our Purpose</i> Dinner Out; Free Evening, Movie, or Conversations on the Beach
<i>Sunday</i>	Yoga or Group Prayer/Meditation Free Breakfast in the Lobby <i>Group Reflections and Closing</i>

Note: Schedule is subject to change. A trip to Edgar Cayce's A.R.E. may be offered Sunday afternoon. Plan departures according to interest.

Registration and Hotel

Registration

\$75 per person (covers welcome packets and name badges, snacks/water, meeting room rent, and administrative costs)

Hotel/Meeting Space—October 13-16, 2016

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Register for the event, make Hotel Reservations at www.NDERandR.com.
Contact us at info@NDRandR.com