



REGISTRATION DETAILS for Women's Self-Renewal Retreat The Healing Sanctuary, July 29-31, 2016*

- When:** Friday, 6:00 pm, thru Sunday, 4:00 pm
- Where:** The Healing Sanctuary — approximately 15 minutes SW of Eugene, Oregon. Exact directions provided after registration phone call.
- Who:** Nancy Hopps and an intimate group of previous and yet-to-be-met friends who are called to be here. (*men, see *at bottom!*)
- Why:** Because it's time. (*See description below.*)
- How much:** \$175 **by July 5**; \$200 after July 5, space permitting
(Partial work or pay-it-forward trade may be available – ask me!)
- What:** Price includes breakfast, lunch and dinner on Saturday, and breakfast and lunch on Sunday. And plenty of snacks!

It also includes all activities — Yoga, Edg, art supplies, hands-on crystal bowl opportunities(!), hot tub use, etc. (Yep, it's a very good deal!)

And lodging: You will be treated to “cushy camping” (not quite “glamour camping,” but plenty comfy) accommodations.

A lovely and convenient tenting area will be prepared and awaiting your arrival. Our gear or yours will be decided when you call to register. We have a limited number of tents, futons, pads, cushions, and other comfort-inducing camping equipment to make your outdoor sleeping experience one you will remember fondly. But it's on a first-come basis, so call soon!

(NOTE: The *only* way I camp these days is if I create a super-comfy nest, so we'll make sure your "nest" is comfy, too! We also may have a *few* indoor spots available. Just let me know your needs, preferences or concerns when we speak.)

What else: Other details, let's discuss verbally. **TO REGISTER, please call me at 541-683-9088.** If I don't answer, leave your name and number clearly(!) and the best time to get back to you. Tell me if you are calling to definitely register or simply to inquire, since it will fill on a first-come, first-call basis. I'll get back to you promptly.

Since this is my home and sanctuary, I will be speaking with all registrants before sending out directions and final details. I am very excited this is finally happening. It's been brewing for a number of years now. I know that the people who are meant to be here will be here. Are you one of them?

Blessings, my friend, and Namaste.

Nancy



Women's Self-Renewal Retreat
at
The Healing Sanctuary
JULY 29 – 31*

Early bird discount through **Tuesday, July 5th!** Limited number of spots left!

What is a Self-Renewal Retreat?

It's an opportunity to step back from life's incessant, daily demands and to reflect upon and renew your sense of connection or identity as your "Higher Self," your essence. In this world of nearly constant doing, this retreat affords many opportunities to simply "be."

We will find a balance of relaxed doing and mindful being through:

- Sound healing (with more than 30 crystal singing bowls, toning, etc.)
- Guided meditation/journeying
- Yoga and Edgu
- Journaling — creating a "Life Graph," as well as free-form reflections
- Time communing with Mother Nature
- Creative expression via various simple art forms
- Playtime! (Yep, like kids do!)
- Rest

We will honor the powerful Goddess wisdom within us. We'll blend the richness of group interaction and sharing with plenty of alone time. We'll be sacred and silly, structured and spontaneous. We'll have yummy, healthy meals together, with options of hot tub soaks, nature hikes, fire pit magic, lounging in the hammock or strolling in the garden picking strawberries, ripe tomatoes, flowers... Or just sitting under Luna, the giant sequoia who graces the front yard of The Healing Sanctuary. We will *be* the peace we wish to see in the world.



If this speaks to your soul — as it does mine! — please consider joining us.

I know this is going to be a powerful energetic gathering. If it's calling to you, **see above for registration and details, then contact me. Early bird pricing through July 5th.**

** Do you feel "called" but can't make this weekend? Contact me by phone or at nancy@NancyHopps.com. I may add another weekend in the near future, if merited.*