



Participant Details for Women's Self-Renewal Retreat The Healing Sanctuary, July 26-28, 2019

When: Friday, 5:00 pm, thru Sunday, 4:00 pm

Where: The Healing Sanctuary
On nine wooded acres, just outside Eugene, Oregon (97405)
(Address/directions will be sent separately upon registration.)

How much: **\$200 by June 30; \$250 after July 1.** \$100 deposit to secure spot. Balance due July 19. **(Includes all food, lodging, supplies, and activities.)** Partial work trade may be available (on a first-come basis). So if you feel drawn, but money is an issue, ask me!

What to bring: My camping gear or yours to be decided when you call to register. (\$25 extra if I provide gear, or for a (*maybe possible!*) indoor spot. I 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 quite fondly. All are on a first-come basis.

(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 *couple* 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.** I hope to see you soon. **Keep reading for more description/details of the event!**



Women's Self-Renewal Retreat
at
The Healing Sanctuary
JULY 26 - 28, 2019

Early bird discount through **Sunday, June 30th!** Limited number of spots.

A Few Comments from Past Participants:

- *"Your weekend retreat gave me a safe space...to be held in the nurturing, renewing energy of this place, and the grace of your inspired and healing facilitation. The group activities, crystal singing bowls, and interaction with the other participants helped me step into myself, and the unknown, in a new way. I felt buoyed by Love. (The food was great, too - it was like a healthy cruise!)"*
- *"Thank you for this exceptional experience that is a milestone and 'next shift' on my path."*
- *"A glorious reminder that facades fall away when love is present, and our shining innocent souls emerge to play!"*
- *"A deeply moving, beautiful experience."*



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 over 30 alchemical crystal singing bowls, toning, etc.)
- Guided meditation/journeying/activations
- Time communing with Mother Nature
- Morning Yoga and Edgu sessions
- Journaling
- Creative expression via various art forms
- Playtime! (Yep, like kids do!)
- Rest and renewal

We will honor the powerful wisdom within us. We'll blend the richness of group interaction and sharing with quiet, 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 ripe strawberries, cherry tomatoes, colorful 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 heart — as it does mine! — please consider joining us. In previous years, this has been a powerful energetic gathering. If it's calling to you, **see above for registration and details, then contact me.**

Early bird pricing through June 30th!



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, as it will fill on a first-come basis. I'll get back to you promptly.

Since this is my home and sanctuary, I'll be speaking with all registrants before sending out directions and final details. I am so looking forward to this annual event. I know this year will be as powerful and renewing on many levels as the previous years have been. Coming together like this is one of the best things I feel I can offer during these times of such great upheaval. And I know that the people who are meant to be here will be here. Are you one of them?

If so, give me a call. Blessings, my friend, and namaste.

*Present Moment, Present Moment,
All there is, all there is.
Living in the Present – very, very pleasant.
Here I AM. Here I AM.*

~ by Jonah, shared by Alissa, 2016 retreat participant.
(Note: if you come to the retreat, you'll learn the *tune*, too!) ☺

