

A Women's Retreat: Claiming the Dark; Celebrating the Light



DATE Thursday, August 23 to Sunday, August 26, 2012

ADDRESS Sugar Ridge Retreat Centre, Wyebridge, ON www.sugarridge.ca

DETAILS

Women of all ages are invited to this retreat for a process of self discovery. Through the ages, we have always learned more of who we are by coming together to be in community with others. The retreat will provide more of this opportunity in a safe, relaxed and nurturing environment. It will be a gift to yourself if you are in transition due to a death, a marriage, a birth, a retirement, a job loss or change, or perhaps even an illness. It will also be a perfect opportunity if you are simply looking to make deeper, more meaningful connections with yourself and other women.

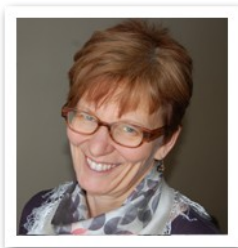
An ancient myth or story will be used as a way to explore the theme of the retreat: embracing the darkness in ourselves as well as celebrating the beauty and light.

Storytelling, art, drama and body work will be incorporated within the Shalom model (www.shalommountain.com) of building community.

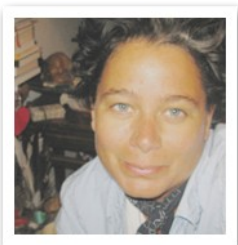
Fee \$525* - includes all meals, accommodation and tuition
* \$25 off if registered with a non-refundable deposit of \$125 by June 30, 2012

MORE INFO To register or for more information, call 519-275-2187 or contact us through info@rekindledrelations.com

RETREAT LEADERS



Karen James-Abra loves the aliveness and passionate energy that is sparked as people connect deeply and meaningfully. She is a clinical member of the American Association for Marriage and Family Therapists and a Registered Social Worker. After training in the Shalom process, she has been leading retreats in Ontario for six years as part of her private therapy practice. Committed to her own growth, Karen practices mindfulness meditation, yoga, and is in the process of becoming certified as a core energetics practitioner.



Alexandra Hazisavvas is trained as a leader in the Shalom process model. She has a Bachelor of Fine Arts in Integrated Media. Working with youth for several years, and now, with adults also, she brings her training and experience together to perform powerful, creative magic. She delights in using her abilities to help people express themselves and release their passionate souls. As she hones her skills and offers healing to others, she sees herself as gradually uncovering “the beauty of who she is and who she is becoming.”