



*you are invited to a*

# WISE WOMAN RETREAT

JANUARY 14-15, 2017 • ELBOW LAKE, KINGSTON

*On the first day you will hear something like this  
“Thank you for coming to renew yourself!”*

This one night, two day retreat welcomes all women to congregate in a non-judgmental circle. There will be workshops from wise women in our community, outdoor activities, yoga, Saturday night ecstatic dance, massages and communal meals! *Or, do nothing* – replenish your symbolic cup to overflowing, so you can take a step towards balancing and moving through life with grace and ease.

## *What nourishes you?*

- ...if it's FOOD come!*
- ...if it's COMMUNITY come!*
- ...if it's SLEEP come!*
- ...if it's CONNECTION come!*
- ...if it's EXERCISE come!*
- ...if it's MASSAGE come!*

What a great Christmas gift – to take a step towards nourishing yourself! Workshops options include; shamanic journeying, forest bathing, creative writing, singing and more! Receive guidance from elders, spiritual people, other mothers and young women who will honour you for where you are at on this journey of *life! Free to just be!*

*\* Babes in arms are welcome (6 months and under).*

40 SPOTS | 10 RUSTIC CABINS | 4 BEDS/COTS/BUNKS PER CABIN  
\$100 PER PERSON | \$125 AFTER DECEMBER 15TH

IF YOU WOULD LIKE TO ATTEND PLEASE CONTACT  
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