



HOMECOMING ~ A WOMEN'S RETREAT OCTOBER 3 ~ 5, 2008

INTENT

This retreat is a chance for women to get away for a weekend – either alone or with a group – without all the swank of a spa or the hassles of an adventure vacation. It's about women coming home to themselves – individually and collectively – for the first time ever or for the hundredth time. It's about reconnecting with yourself, with nature, with other women and with your higher power. It's about laughing, crying, breathing, experiencing, witnessing, giving and receiving – any or all of the above or none of it. It's about you and your choices. You get to decide who you want to be and how you want to live your days in this place.

This retreat is NOT about shoulds. In fact, this retreat is a should-free zone, so be forewarned. It's not about what others want you to do or say. It's not about what others think. This retreat is NOT for women looking for evening turn-down service or chocolate mints on the pillows. Sure, there are flush toilets, hot water, showers, electricity and cell phone coverage. But there are no cushy amenities in the room, like phones or televisions, nor is room service provided. This retreat is for women who know how to get cozy in jeans, a good pair of wooly socks, a favorite fleece and can appreciate a crackling fire in the fall.

This retreat was designed with the belief that every woman – indeed, every person – has their own notion of what “coming home” is. We hold a deep trust and reverence in that idea and you will see that play out in many ways throughout the course of the weekend. You will see some women choose to wander in the woods or sit by the water, some will howl at the moon or laugh until they cry amidst their best friends. Still others will choose to engage in animated discussion or activity and then retreat to a quiet place to process their experience. Some women will take advantage of everything this retreat has to offer, while others will choose not to. This is all the process of coming home. So, welcome home.

FLOW OF WEEKEND

The retreat begins on Friday, October 3rd at 4:00 p.m. and ends on Sunday, October 5th at 12:00 p.m. In the spirit of a true retreat, women will be asked to refrain from leaving the camp once they arrive. The idea is to stay.

When you first arrive, you will be checked-in and shown to your cabin. You will have some time to get acquainted with your surroundings before dinner. Dinner (and all meals) will be casual events – sort of a come-as-you-are and eat-what-and-where-you-like sort of affair. Meals may be taken alone, in silence, at a table with friends or new faces, or outside on a picnic blanket or in Adirondack chairs or the beach by the water.

This retreat was designed with enough structure and offerings to create a framework, but enough spaciousness to let things emerge. To that end, Saturday will be the only day we will be offering traditional workshops (called “circles”). We’ll be offering one in the morning and one in the afternoon, sandwiched by healthy doses of “free” time to process, nap or do whatever your heart desires.

Every day will begin and end in community (called “waves”). This is entirely optional – as is everything at this retreat. We will gather as a community for the first time following dinner on Friday night. This will be our official opening, with a welcoming ceremony, a storyteller, a bonfire and our first of two art installation events. We will end in a community closing ceremony late Sunday morning after hearing another story. The session concludes after brunch.

Periodically during the course of the retreat, you might notice smaller, more spontaneous activities or events taking form – sunrise meditation or yoga on the beach, singing or drumming by the fire at night, knitting circles, card games or water-color painting. These are not necessarily planned, but will typically just emerge out of one person’s energy or inspiration. Some will be announced in the morning or at dinner and some will just happen. Either way, these will be called “ripples.” Feel free to bring whatever you’d like to add to the community, be it drums, your voice or hula hoops. We heartily welcome them.

The food at this retreat will feed your spirit and soul as well as your body. It will be equal measures healthy, comfort and sassy. It will be hearty and light, depending on your choices and combinations. We have an amazing team in the kitchen that is very excited to welcome you home with a host of flavors, options and presentations. We are very capable of and interested in making sure those women with special dietary needs are afforded the same level of comfort and options that other women are. To help us in doing this, PLEASE be sure to include any specific dietary restrictions or special requests on your registration form.

SCHEDULE

To be clear, YOU will set your own schedule. But in the event that you wish to go with the flow, here is what you can expect...

Friday	4:00	Check-in	
	5:00	Welcome	
	5:30	Dinner	
	7:00	Community Wave: Remembering Our Home The Story of Women Lighting our Fire Ritual: Letting Go and Setting Intentions Art Installation – The Element of Fire (Red Tent)	
	Saturday	7:00	Snacks out for early risers Morning ripples (tbd)
		7:30	Breakfast (available until 9:00)
		9:00	Community Wave: Waking Up To Our Bodies (Belly Dancing)
10:00		Morning Circles (select one)	
12:00		Lunch/Open Space & Free Time	
2:00		Afternoon Circles (select one)	
Sunday	4:00	Open Space & Free Time Afternoon ripples (tbd)	
	5:30	Dinner	
	7:30	Community Wave: JourneyDance Art Installation – The Element of Water	
	7:00	Snacks out for early risers Morning ripples	
	9:00	Community Wave: Closing the Circle Celebration & Appreciation Ritual: Integrating and Re-Entry Another Story of Women	
	10:00	Brunch	
	11:30	Check-Out and Leave-Taking	

SATURDAY CIRCLE OFFERINGS

As part of the registration process, you will be asked to select one of the following circle offerings for the morning as well as one for the afternoon. Each circle will be 90 minutes long and will be led by an experienced instructor or guide. Out of respect to all participants, we ask that women not join a circle after it has begun. The number of women able to attend each circle will most likely not be restricted, we just need a sense of interest in order to accommodate the size of the group. You will want to read through the following circle descriptions and make note of the ones you are interested in prior to registering.

Morning Sessions

JourneyDance™: Dance from Your Heart, Soar as Your Soul

Experience this playful and intuitive method of using movement to discover and celebrate our inner strengths. Using the impulses of music and our own inner impulses, we will be moved to honor the spirit within us as we cleanse our bodies and minds with sweat and breath, laughter and prayer. We will feel our power and aliveness. We will learn to love ourselves. We will find balance and blessings. We will become bright, shining, radiant. Embark on this journey with us as we seek to fully express ourselves as soul. No prior dancing experience necessary.

Leader: Traca Marshall, certified JourneyDance™ instructor

Yoga to Honor the Grace Within

Be welcomed into this sacred gathering place to explore and express your own heart through the ancient art of yoga. Through asanas (postures), pranayama (breathing), dhyana (meditation) and authentic movement, we will delve deep within so that our truths will be revealed and acted upon. Learn to quiet the chattering of the mind and to hear what it is you truly need and desire. Get your juices flowing as you peel back the layers and connect to your heart. Be reminded that we are active participants in creating our life experiences and that we always have a choice. No prior yoga experience necessary. Mats and props will be provided.

Leader: Kara Seymour of Open HeART Space

Woman as Warrior

Come home to yourself as the strong and powerful woman you are. Here is the reminder you are seeking for those moments in life when you feel small: you are more powerful than you realize and are capable of feats of greatness. See yourself as standing tall, feet planted firmly on the ground, eyes keenly focused ahead. You will discover ways in which to move your body and use your voice in the world so your spirit and your body become infused with an inner confidence and outer strength. Be introduced to the warrior woman within you that is a force to be reckoned with. Women of all shapes, sizes and abilities will emerge from this experience with a renewed appreciation and commitment to honoring themselves.

Leader: Clara Porter of Prevention. Action. Change.

SATURDAY CIRCLE OFFERINGS (CONT.)

Keeping It Simple: Prayer Beads as Meditation

Ever had the desire to meditate but you're not sure where to begin? Experience the ancient and powerful practice of using beads as a means to quiet our minds and journey within to access the wisdom of your inner-knower, the divine, or whatever else gives you comfort, guidance and support. Discover how beads can bring a tactile involvement to your practice that can bring focus and direction to your meditation or prayer practice. We will approach meditation as a journey, moving into and through ourselves in a circle, reminding us that this is not a one-time event, nor is it a linear process; we end where we began, and then we begin again. Beads and supplies will be provided during the circle to practice and will also be available to purchase for a small fee.

Leader: Lael Jepson, coach and consultant of SheChanges

Afternoon Sessions

Belly Dance: Reclaiming Your Birthright

As women, we are born with the ability to create, grow and give birth to powerful things from within our bodies. In many ways, this power that is uniquely ours suggests that each of us contains a potent piece of the universe within our bellies. Come celebrate the skin you're in and learn this ancient and beautiful expression of women's power. Move and be moved by the rhythms and curves of your own inner wisdom. Let the place within you that holds the key to the universe guide you in this experience and let it awaken your spirit and body to itself and its fullest expression. Dance with and for the power that lives within you. No prior dance experience needed.

Leader: Jeanne Handy (Jamileh) of Maine BellyDance

Validations: Permission for Self-Love

As women, we are natural cultivators of life; instinctively we understand the deep need for peace if life is to truly prosper within and around us. This peace is intrinsic in the love from our deepest Self. When we are living in the fullness of Self-Love, we are able to radiate our own true light with ease and grace. What if you lived from your own brilliant light? How would your life be different? How would your life be the same? Using meditation, guided visualizations and intuitive interaction, we will open to the blessings of recognizing our own true light. Feel freedom that comes with experiencing your soul's permission for Self-Love. Explore trust and faith that comes from the guidance and clarity received from your light. Allow your body, mind and heart to realign in your light. Awaken infinite creativity, forgiveness and joy towards your purpose and the meeting of your deepest desires.

Leader: Valerie Light, Spiritual Teacher, Reiki Master, writer and artist

SATURDAY CIRCLE OFFERINGS (CONT.)

Tapping into Your Inner She-Ra

Maryanne Williamson, in her famous quote, reminded us that “your playing small does not serve the world.” Consider the arenas and circumstances within your life these days in which you feel yourself shrinking – literally or figuratively – and imagine what life would be like if you resisted this urge. What if you were able to easily call upon your inner She-Ra at a moment’s notice when you most needed her? Using your own creative energies, learn how to identify and access that piece of yourself that will enable you to rise up and claim the biggest, most powerful version of yourself. From this powerful place, you will be invited to step into your life in a bigger and bolder way, to examine possible ways of being that will feel more alive, more authentic, and will ultimately “serve the world” as you intend.

Leader: Lael Jepson, coach and consultant of SheChanges

Writing from Within: Being the Midwife of Your Own Journey

Using writing as a process, we will be discussing and examining the implications of the classic “hero’s journey” within a feminine context and our own stories as women. This timeless myth about fearlessly leaping off the edge of known to confront the unknown requires us to muster the trust and courage to slay our dragons – those things that can stand between us and our “treasures” or our dreams. With writing as our primary tool, we will begin to identify that which we long to give birth to and, along with way, will discover those places we have to go through (our own dragons) as part of our hero’s journey. We will explore ways in which we, as women, are uniquely suited to this task.

Leader: Nicole Chaison, author and publisher of Hausfrau muthah-zine

DETAILS, DETAILS

Cost

The cost for the retreat is \$395 if registered prior to June 30th, \$450 to register July 1st – Sept. 30th. Payment must be made in full at the time of registration. Payment may be accepted online using secure Paypal or in a check, payable to SheChanges. A portion of the proceeds from this retreat will be donated to the Maine Women's Fund.

Location

The retreat is being held at Kingsley Pines, a camp on 120 acres on the shores of Panther Lake in Raymond, Maine. You can check it out for yourself at <http://www.kingsleypinesevents.com/>. Directions to the camp will be sent out with your confirmation of registration.

Accommodations

All guests will stay in one of the many cabins. Cabins are rustic (not heated, but all have electricity) and include linens and towels. Most cabins have either single or bunk beds. About half the cabins have bathrooms and showers inside the cabin. The others have bathhouses located just outside the cabin. Quiet cabins will be available for those seeking a quieter experience or a silent retreat. Accommodations will be assigned at the time of registration on a first-come, first-serve basis. Depending on the timing of your registration and the number in your party, you will be able to request your cabin-mates. Every effort will be made to honor your request, but they are not guaranteed.

What to Bring

- Flashlight/headlamp
- Favorite coffee mug/water bottle
- Warm sweater, fleece, fuzzy socks
- A sleeping bag or comforter for your bed (a wool blanket – itch! – is provided)
- Journal
- Knitting, reading, cards or games, art supplies
- Camera
- Comfortable clothes (for yoga, dancing)

Other Notes

- Kingsley Pines is a smoke-free facility. No smoking will be allowed at the retreat.
- Swimming and/or canoeing will be at your own risk (see waiver in registration)
- No alcohol will be served, but you are welcome to bring your own
- Guests engaging in a silent retreat will be given special pins to let others know their intentions

FMI

Please don't hesitate to call me 207.671.8936 or e-mail me at ljepson@maine.rr.com if you would like additional information or have questions.

HOME COMING ~ A WOMEN'S RETREAT REGISTRATION
OCTOBER 3 ~ 5, 2008

To register for the retreat, visit www.SheChanges.com and select the retreats page for secure online registration using PayPal, or print this registration form and send it with your check payable to SheChanges to 67 Woodmont St. Portland, ME 04102. Whatever is easiest for you.

Full Name _____

Mailing address _____

Telephone number _____

Email _____

Special Needs? Vegetarian Vegan Gluten-free Handicapped

Emergency Contact _____

I have read and signed the liability waiver (attached)? Yes No

Saturday AM Session (check one): Journey Dance Yoga Woman as Warrior
 Prayer Beads as Mediation

Saturday PM Session (check one): Belly Dance Validations She-Ra
 Writing from Within

Will you be in silence? Yes No

Will you be part of a group? Yes No If yes, who else is in your party? _____

How did you hear about the retreat? Lael Postcard Friend Newsletter
 Professional Referral Other _____

TERMS AND CONDITIONS OF ATTENDANCE

Liability

I understand that I am registering for instruction/facilitation in activity which may involve physical, emotional, and psychological activity and that in case of such and undertaking there is always a risk involved. I understand that in a group setting the instructor/facilitator(s) cannot always monitor my physical, emotional, and psychological limits, and that I am therefore responsible for assessing the risk any activity poses to me, and choosing a safe course of action for myself.

I agree to assume the risk and responsibility for any injuries or damages suffered by me arising out of my participation in this retreat.

Cancellation Policy

Your payment minus \$100 is refundable until the August 29, 2008. Between September 1 and September 30, this partial refund is available only if a replacement participant is registered.

Food Allergies

In connections with any food allergies I have, I understand that I am responsible for knowing whether any ingredients to which I am allergic exist in any foods that are prepared by SheChanges. If I am uncertain about the ingredients of these foods, I am responsible for learning that information from SheChanges and/or the head cook in the dining hall who have prepared or overseen the preparation of such food.

Use of Likeness and Photography

I understand that while I am participating in this SheChanges event, SheChanges may be taking photographs of participants. Some of these photographs will be used by SheChanges for promotional or informational purposes in its brochures, website, and newsletters. By coming to this retreat, I agree that SheChanges may take photographs that include my image and that such photographs may be used by SheChanges for promotional and informational purposes.

Signature _____ Date _____