

Once upon a time...



...there was a woman. A woman who knew she had something to say. It danced at the tip of her pen. Teasing her. Calling to her. Then one day, she stopped.

She started to listen. She took time to... **UNFOLD**

Join us and discover the woman in you who's waiting to... unfold!

Saugatuck, Michigan's natural beauty and creative energy will surround us. Yet more than anything, we'll turn inside and find what's longing for expression. Ancient traditions of Yoga, silence, meditation and sacred sharing are practices we'll use to help promote deeper listening.

"All living things have a natural tendency to reveal their essence — to blossom.



Aligning with the creative process encourages it. This simple truth roots my work." Nancy Hill, lcsw

Writing and reading your words in the presence of open hearts connects you to your truth. Daily writing prompts will guide you. Circle gatherings will open your heart. Time alone lets you find you.

To say Nancy Hill, lcsw is a seasoned professional is to say that curry is bit spicy. "I led my first group 40 years ago. A student of creativity, I'm learning how it guides a natural process of discovery." Nancy is a writer, a poet, a lover of life. Her book, *Unfolding: Slow Down, Drop In, Dare More*, is out in 2013. She's available for creativity boost sessions during the workshop. Daremore@aol.com



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Mary Lothrop sees unexpressed potential and shines a light on it with tenderness and precision. She'll ignite your awareness of loving self-care.



As a life coach and HR Consultant, she works with clients to nurture growth and tap into inner wisdom. Mary is available to meet privately during the weekend. For Info and to schedule time with Mary, contact her at mlothrop@aol.com.

Charisse Crisci is a Certified Yoga Teacher and Certified Thai Yoga Therapist. Her intention as a teacher is to create a sacred, safe space for students to show up, unroll their mats & re-discover who they are. She has a deep reverence for life and its potential. Charisse says, *My heart sings when I see people connect to their bodies; to be a part of that experience is a blessing.* cmcrisci@yahoo.com



Daily Offerings ...

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|---------------|---------------------------|
| 6:00 — 8:00 | Meditation, walk, write |
| 8:00 — 9:00 | Quiet Yoga |
| 9:00 — 10:00 | Breakfast on your own |
| 10:00 — 12:00 | Writing prompts |
| 12:00 — 4:30 | Lunch on your own |
| | Time to explore and write |
| 4:30 — 6:00 | Readings |
| 6:00 — 7:00 | Light Supper together |
| 7:00 — 8:30 | Circle |
| 8:30 — 9:15 | Guided Imagery |

Silence until 10 AM next morning

Housing in Saugatuck ...

We'll stay at the Retreat House. It's also where we'll gather, do yoga and share meals. Located a short walk from... cafés, restaurants, shops and the waterfront.



Oval Beach, one of the 25 best shorelines in the world says Conde Naste Magazine, is a 5 minute drive or a 20 minute walk away.



Renew Your Energy

Deepen Your Spiritual Journey

Boldly Express Who You Are

Registration and Info
Please Contact Nancy or Mary
630- 258-6273 or 630- 863-3021
October 4th to October 7th
Thursday Dinner — Sunday Brunch
Cost: \$595 or \$625 after 9/4/12
Deposit of \$250 NOW to hold your place
 Price shared room. Twin beds.
 Fee includes workshop, housing, most meals.



What Women say about Nancy & Unfold...

I came home refreshed - fears and concerns had diminished. I am noticeably more productive.
 Nancy G

Nancy's down to earth wisdom will draw you in and amaze you! Julie R

Being around Nancy is like visiting a gas station for the soul – spend time with her and you will fuel up with love and centeredness. Maureen G

Nancy has the uncanny ability to work with women from all walks of life and help each of them to dig deep to find their own truth, and more importantly, learn to speak it. Theresa T

Nancy makes me feel like I have come home. Lisa S