

## Once upon a time...



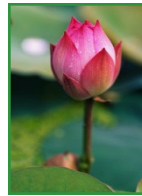
...there was a woman. A woman who knew she had something to say. It danced at the tip of her pen. Teasing her. Calling to her. Then one day, she stopped.

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

**Join us and discover the woman in you who is 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 will use to help us 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](mailto:Daremore@aol.com)



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Lisa Sparagna, is a yogini, artist, and a lover of beautiful nourishing food. She will coordinate our meals and also offer evening guided meditations. She works to nurture our bodies as well as our souls. Shared meals will be vegetarian. Please let her know if you have dietary needs. We will do our best to fulfill them. Lisa's email [lmsc00@yahoo.com](mailto:lmsc00@yahoo.com)



Pati Starzynski has many talents. She is



a certified yoga teacher and body worker whose style evolved from years of study and practice of hatha, pranayama, meditation, qi gong, ayurveda, ayur-yoga, Thai Massage and dance. Pati says, "yoga and massage

healed my body and transformed my life." She is excited to work with you!

#### Daily Offerings ...

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

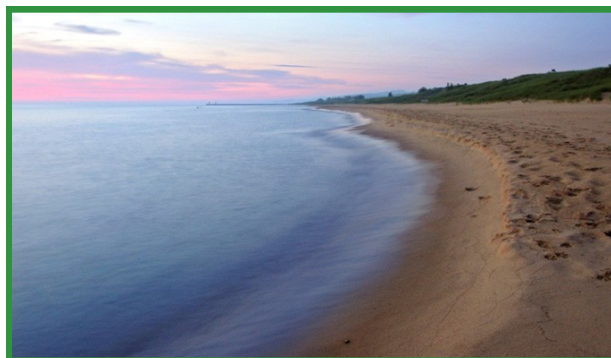
Silence until 10 AM next morning

#### 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 630- 258-6273

September 27th to September 30th

Thursday Dinner — Sunday Brunch

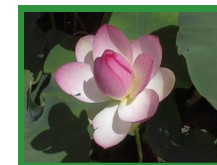
Cost: \$595 or \$625 after 9/4/12

Deposit of \$250 NOW to hold your place

Balance due 9/4/12

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