

Writing to... Unfold



Once upon a time...

there was a woman. She 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 write and with each word she began to ...

UNFOLD.

Writing, my book, *Unfolding*, I found my voice – again. It’s a process! My life has given me the ear of a therapist, the eye of a painter, and the heart of a grandmother.



At the Retreat You’ll Have:

Daily writing prompts to guide you.

Yoga to help you embody your work.

Sacred Circle Work to open your heart.

Time alone to let you find you.

AND:

Complimentary coaching from me so that your writing says what your heart longs to say.

Feeling a little over scheduled and under nurtured? Is it time to relax, explore, write in a circle of supportive women? Join me as we *Slow Down, Drop In* and *Dare to be More* of the women we truly are.

No writing experience, talent or ideas needed.

You *will* need a willingness to write with an open heart. (I’ll help you with this.) Be ready to laugh, shed a tear or two and discover *your* voice again or for the first time.

Folding laundry and all that you do got you beat? Is it time to begin unfolding your soul with writing?



Daily Offerings: MICHIGAN TIMES

06:00 – 07:30 Meditation, walk, write
07:45 – 08:45 Yoga
09:00 – 9:45 Breakfast
10:00 – 11:30 Writing prompts
11:30 – 4:30 Lunch, write, bodywork,
explore, individual help with your writing
5:00 – 6:30 Readings
6:30 – 7:30 Light Supper together
7:30 – 9:30 Sacred Circle Work
9:30 – 10:00 Transition to silence

Silence until 10 AM next morning



Yoga classes, just for our circle, are at Satya Yoga – a 10 minute walk from our door. They're also holding openings for you to schedule Thai massages.
269-857-7289 www.satyayogasaugatuck.com



BELLA VITA
SALON & DAY SPA

Is directly across the alley from

Satya Yoga. They're holding openings for you. See services: www.bellavitaspa.biz
269-857-8482 make appointment by 9/15.

Housing in Saugatuck ...



We'll stay, gather and share meals at the Retreat House. It's a short walk to cafés, restaurants, shops, Bell Vita Spa,

Satya Yoga Center and the waterfront.

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



*Renew Your Energy
Explore Your Spiritual Path
Boldly Express Who You Are*

Registration and Information

Contact Nancy: 630 258 6273

Daremore@aol.com.

www.DareMore.com

Thursday, October 3rd to Sunday 6th

Cost: \$595

Deposit of \$250 to hold your place

Balance due 9/3/13

Price is for a shared room with twin beds.
Fee includes workshop, housing, most meals, yoga and individual help with your writing practice.



What Women are saying...

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,