



Unfolding in the Mountains

To open ~

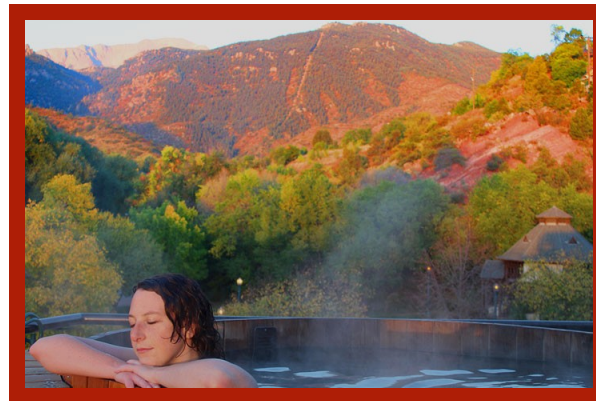
Remove Layers~

Make known

*Dynamic mountain energy
supports our unfolding process.*

*sacred mineral waters
enhance our letting go as we
soften to what our soul needs.*

Native Americans called this land “Great Spirit.” We’ll be held in the cradle of sacred lands. Mountains will become our teachers, healing waters will soothe our bodies and the wisdom of ancients ones will whisper to our souls. We’ll slow down, drop inside and dare to let our untamed voice speak in a sacred circle of women who’ll support us as we; move our bodies, meditate, write, laugh and likely shed a tear or two.



At [SunWater Spa](#) you can soak in healing mineral waters, relax and renew.

Colorado is home for my soul. Here I am held in the embrace of mountains and taught how to be still. It’s an honor to bring yet another group of women to this womb of sacred ground. I am a devotee of creative spirit and trust where she leads as we unfold.



Nancy Hill

Your Retreat Guides



Christine Reber I’m on a mission to bring aliveness and empowerment to others. I teach movement, breath, mindfulness, and self-care to help others reconnect with their sacred center and to embrace and express their creative voice. Community building and connection to nature are essential to me. My mantra: “Love yourself enough to do the brave things.”

Daily Offerings: Mountain Time

A loose idea of how a day unfolds

- 06:00 – 06:45 Meditation, trail walks
- 08:00 – 09:15 Yoga/ Movement
- 09:15 – 10:30 Breakfast available at 6:00
- 10:30 – 11:30 Spiritual Inquiry 11:30
- 4:30 Lunch, write, bodywork, or explore. We suggest maintaining inner silence
- 4:30 – 6:00 Sharing Your Journey
- 6:00 – 6:45 Light Supper together
- 6:45 – 8:15 Sacred Circle Work
- 8:15 – 9:00 Transition to silence

*Silence until 10:30 AM next morning
Suggested also during or midday exploration*



SunWater Spa location of classes, soaking tubs, services and more

Checkout their services:

www.sunwaterspa.com

It's the location of Saturday night's Prayer Smoke & community potluck

Housing in Manitou ...



We'll stay in two houses that will give us plenty of room to find quiet spaces both inside and outside. We're located a short walk from cafés, restaurants, shops, and mountain trails. We'll be in walking distance to Cog Railway, Barr trail & the Incline.

Manitou Springs is at nearly 7,000 feet with warm days and cold nights. Autumn is a magical time in Colorado. Her mountains are awash in color.



Unfolding Retreat

Thursday, 1:00 PM 10/06/16

Sunday, Brunch 10/09/16

Cost: Base \$625.

Base Price shared room with twin beds.
Fee includes workshop, housing, most meals, and yoga

Nonrefundable Deposit of \$100

Due now to hold your place

2nd payment 50% of balance 7/01/16

Balance due 09/01/16

To join us: contact

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For more information about

Nancy and her work visit

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For more information about

Christine and her work visit

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