Moving Deeper



Move your body!

Move your pen!

Move to the beat of

your own heart!

Unfolding,

born in silence. It taught me to drop inside and listen. It took courage. I found out—again—I am a woman who dares. Daring can be easier in a supportive circle.

Come write with me and find the words waiting to boldly express who you are. my book, was



Nancy Hill

www.DareMore.com

At the Retreat

Charming Saugatuck will embrace you as... Sacred Circle Work lets you give voice to your truth. Yoga helps you rest into your body. Silence feeds your soul. Time alone leads you back to you. Journaling prompts guide your writing. Movement practices help you discover your body's wisdom. and embody your insights.

Dance like

no one is looking, is a phrase thrown around. Can you really do that? What would it take to have the courage to move your body any way you want? I



am a mover of body, Stacey Hurst mind and spirit.

Come dance with me like no one is watching.

www.mbcconnections.net

Nurture Body & Soul

Move with Passion and Purpose

Boldly Claim Who You Are

Daily Offerings:

MICHIGAN TIMES

06:00 - 06:45 Meditation, walk, write

07:00 - 08:15 Yoga

08:30 - 09:30 Breakfast

09:30 - 11:30 Writing prompts

11:30 – 04:30 Lunch on your own, write,

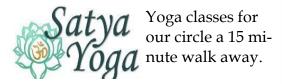
bodywork, or explore

04:30 - 06:00 Movement & Readings

06:15 – 06:45 <u>Light</u> Supper together

06:45 - 08:30 Sacred Circle Work

08:30 - 09:00 Transition to silence



www.satyayogasaugatuck.com



Spa Services
www.bellavitaspa.biz or
269-857-8482

Housing in Saugatuck ...



We'll stay, gather and share meals at the Retreat House, 252 Grand Street Saugatuck,

MI 49453. 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. It is a 5 minute drive or 20 minute walk from the retreat house.

Moving Deeper

Thursday, 6:00 pm 5/31/18 Sunday, Brunch 6/03/18

Cost: \$695

Deposit of \$250 to hold your place \$200 of it returnable until 3/01/18

Balance due 5/15/18

Price is for shared room with twin beds. Fee includes yoga, workshop, housing, breakfast and a light supper.

Your Retreat Guides

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We hope you'll join us!