

Moving Deeper



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Move your body!

Move your pen!

**Move to the beat of
your own heart!**

Unfolding, my book, was 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.

www.DareMore.com



Nancy Hill

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, mind and spirit.

Come dance with me like no one is watching.

www.mbccconnections.net



Stacey Hurst

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 Light Supper together
06:45 – 08:30 Sacred Circle Work
08:30 – 09:00 Transition to silence



Yoga classes for our circle a 15 minute walk away.

www.satyayogasaugatuck.com



BELLA VITA
SALON & DAY SPA

Spa Services

www.bellavitaspa.biz or
269-857-8482

Housing in 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.

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

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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

Nancy Hill, LCSW

630 258 6273

Nancy@Daremore.com

www.DareMore.com

Stacey Hurst, LCPC, DC-DMT

312 543 2133

StaceyHurst67@gmail.com

www.mbconnections.net

We hope you'll join us!