

Featured Workshop with Jennifer Berezan description:

"Amazons, Priestesses, Healers, and Visionaries: Awakening to Our True Nature: A journey through music, story, and spiritual practice."

Jennifer Berezan is an acclaimed singer/songwriter/recording artist whose recent healing recordings include: She Carries Me, Refuge, Returning, Praises for the World, and End of Desire. Jennifer performs, teaches music and healing internationally, & leads women's pilgrimages throughout Europe. For more information, vist her website: www.edgeofwonder.com



Spirals in Motion was founded to provide opportunities for women to experience body-mind-spirit celebration. In today's world of stress, deadlines, technology and distractions, there needs to be conscious choice to set aside time to be in the present, connect with other people and to stay connected to the spiritual world. Spirals in Motion helps provide these opportunities by offering Reiki sessions, Nia Technique and Spiritual Retreats.

Deb Gaines, the founder of Spirals in Motion, has been planning retreats for 6 years for the Unitarian Universalist Church in Rockford, IL; has been a Reiki practitioner for 5 years and is a Certified Nia White Belt teacher. For more information, contact Deb at dancingsupergoddess@yahoo.com

Amazons Awakening

Womyn's Retreat
With Special Guest Jennifer Berezan

Friday, October 17 through Sunday, October 19th, 2008

Aurora University, George Williams
College Campus on Lake Geneva, WI



Retreat Organized by Spirals in Motion

Amazons Awakening

WHO IS WELCOME?

Even though many of the workshops and activities are geared towards women who are lesbians or bi-sexual, the retreat is also open to supportive friends.

WHAT IS INCLUDED IN MY REGISTRATION FEE?

The registration fee includes:
Friday & Saturday nights lodging; 3 buffet-style meals Saturday and breakfast on Sunday; all gatherings; a concert performed by Jennifer Berezan on Friday evening; a 3 hour workshop on spiritual practices presented by Jennifer Berezan.; a book discussion based on *The Double Goddess-Women Sharing Power* by Vicki Noble and a Nia class. All activities are included in your registration fee, but you are welcome to pick and choose the activities you want to participate in.

HOW LONG IS THE RETREAT AND WHEN DO I CHECK IN AND OUT?

You can check in between 5:30-7pm on Friday evening- our first gathering is at 8pm on Friday night. Check-out is before noon on Sunday morning. Our final gathering will be late Sunday am. (The specific agenda will be mailed out a few weeks before the retreat)

WHAT IS NIA?

Nia is a body-mind-spirit fitness and lifestyle practice (Through Movement We Find Health) that blends nine movement forms. Visit www.nianow.com for more info.

IS ALCOHOL ALLOWED?

This retreat is an alcohol/drug free weekend, with the exception that alcohol will be allowed during the celebration on Saturday evening.

DO I NEED TO BRING ANY MONEY TO THE RETREAT?

You won't need any extra money at the retreat unless you want to include yourself with a massage or one of the other services available to you during the weekend, or if you want to buy a CD or DVD from Jennifer after the concertboth highly recommended, but not required.

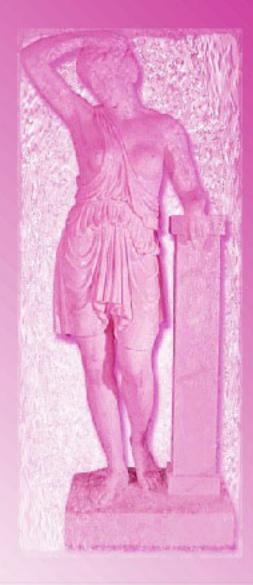
SCHOLARSHIPS:

Scholarships available- thanks to UU Women's Connection. For more information contact, Deb (815) 985-7025. To download a registration form, please visit www.UUWomensConnection.org

HAVE ADDITIONAL QUESTIONS?

Please contact: Deb Gaines-(815) 985-7025

email: dancingsupergoddess@yahoo.com



FOCUS OF RETREAT:

to provide a safe place for connecting with other lesbians who are seeking spiritual growth and a community of like-minded women, while providing an opportunity for personal growth, relaxation and fun!

Registration Form – Spirals in Motion Womyn's Retreat

Friday October 17-Sunday October 19, 2008 Aurora University, George Williams College Campus on Lake Geneva

AMAZONS AWAKENING- w/ special guest JENNIFER BEREZAN

NAME:	PHONE:
ADDRESS:	EMAIL:
CITY, STATE	ZIPCODE:
ROOM PREFERENCE- First Come/F you register- number your first three c	First Serve- your room will be reserved whe choices or call to see what is available
RATES LISTE	D ARE PER PERSON
Emery (Newer building, modern rooms)	Lakefront (Rustic, near lake)
Single/\$370Triple/\$295	Single/\$340Triple/\$285
Double/\$320 Quad/\$285	Double/\$305
A concert performed by Jennifer Berezan, all	3 buffet-style meals Saturday and breakfast on Sundaworkshops and a celebration Saturday evening.
	me (Please # top 3 choices for room style above- hed with a roommate(s) Please list below if you snore
Any Special Needs	
\$100 NON-REFUNDABLE DEP	POSIT REQUIRED TO REGISTER eptember 19, 2008
Deposit rcvd:/Ea	arly Bird Rate Y/N Cash/Ck#
Balance due\$ Room assig	gnment
Roommate(s)	
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Checks payable to: Deb Gaines- mail to: 950 N. Main St. Unit #2,Rockford,IL 61103 For more information, call (815) 985-7025 or email: dancingsupergoddess@yahoo.com