



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

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, visit 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

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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 5:30-7 pm 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 indulge 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 concert- both 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/First Serve- your room will be reserved when you register- number your first three choices or call to see what is available

RATES LISTED ARE PER PERSON

Emery
(Newer building, modern rooms)

Lakefront
(Rustic, near lake)

___ Single/\$370 ___ Triple/\$295

___ Single/\$340 ___ Triple/\$285

___ Double/\$320 ___ Quad/\$285

___ Double/\$305

Your registration includes: 2 nights lodging; 3 buffet-style meals Saturday and breakfast on Sunday; A concert performed by Jennifer Berezan, all workshops and a celebration Saturday evening.

_____ I wish to be roomed w/ _____ / _____

_____ Please assign a roommate(s) for me (Please # top 3 choices for room style above- room choice will not be guaranteed until matched with a roommate(s) Please list below if you snore.

Any Special Needs _____

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**\$100 NON-REFUNDABLE DEPOSIT REQUIRED TO REGISTER**  
Balance due by September 19, 2008

Deposit rcvd: \_\_\_\_\_ / \_\_\_\_\_ Early Bird Rate Y/N Cash/Ck# \_\_\_\_\_

Balance due\$ \_\_\_\_\_ Room assignment \_\_\_\_\_

Roommate(s) \_\_\_\_\_

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