

Join Us for a Wonderful Weekend



Yoga
Meditation
Breath Work
Pulse Dancing
Drumming
Chanting
and More!

All are welcome. No experience is necessary. Whether you're a yoga devotee or a novice... a seasoned singer or shy about your voice... we have a special place for you in our circle!

This will be a weekend of exploration and restoration, rather than performance and perfectionism. We will focus on using our bodies and voices as meditation in order to arrive at deeper peace and understanding. We'll nourish our minds, bodies and spirits so that we may return to our lives feeling more empowered and energized. We'll share new skills and tools for use throughout our lives.

Join a phenomenal group of women as we reconnect with the sacred in ourselves and each other.

To learn more, contact sara@centeryoga.com or whendi@khenuta.com.



Details of the Retreat

The cost for the retreat weekend is \$180, which includes all materials, instruction, two nights' accommodations and four meals: Saturday breakfast, lunch and dinner, and Sunday brunch.

You are welcome to participate in activities as you desire. or you may choose to read, nap, walk in the woods, sit by the fire, whatever is most refreshing for you...

Registration is from 6:00-7:00 pm on Friday. Our closing will be at 12:00 pm on Sunday. It is fine if your schedule requires that you arrive later or leave earlier. We'd appreciate it if you would try to let us know beforehand so we may plan accordingly. The fee remains the same whether you come for one day or two.

Register early as space is limited to 21 people! Come make new friends or bring one with you!

Please be sure to bring:

- * bedding and sleepwear
- * towel and toiletries
- * comfortable layers of clothing
- * outdoor wear (coat, hat, boots, etc.)
- * yoga mat or extra towel(s) for cushion
- * other comforts -- books, music, snacks...

Treat Yourself to a Massage

Heather and Kim will offer therapeutic massage - full body, back, neck, hands, feet, your choice!

30 minutes \$40 | 60 minutes \$80

Reservations are first-come, first-served.

Email kimo957@aol.com. Payment and gratuity may be made at the time of your massage.

About the Facilitators



Sara Billings is a certified instructor in yoga, group exercise and personal training. She teaches at the Mandell Jewish Community Center in West Hartford and owns Center Yoga, LLC. She brings together physicality and spirituality in a holistic practice.



Whendi Cook is a singer whose work in the field of Oral Traditions has led her to a lifelong exploration of the healing properties of sound vibration, vocalization and breath work. She shares songs, chants and wisdom from diverse cultures around the world.



Heather Ziac and Kim O'Neill are CT Licensed Massage Therapists. They are certified by the National Certification Board of Therapeutic Massage and Bodywork. Both are members of the American Massage Therapy Association.



Kim O'Neill has specialized training in myofascial triggerpoint and craniosacral therapy. Heather Ziac has specialized training in pre-natal, post-natal and infant massage. Each has a practice in Fairfield, CT. For details contact kimo957@aol.com.

Retreat Registration

You may register online at
<http://silverlake.ctucc.org/events.php>
or complete this form and send it to:

Silver Lake Conference Center
223 Low Road, Sharon CT 06069.
Please be sure to enclose your check
for \$180 made out to Silver Lake with
"Women's Yoga Retreat" in the memo.
For more information, please contact
centeryoga.com / whendi@khenuta.com

Name: _____

Address: _____

Telephone: _____

Email: _____

Emergency Contact Name & Telephone: _____

Please share any dietary needs, allergies,
or other concerns you'd like us to be aware of:

Email: heather@womb2world.com for massage.

We look forward to seeing you!

Directions to

Silver Lake Conference Center
223 Low Road, Sharon, CT 06069
(860) 364-5526

From Central Connecticut:

Take Route 8 North to Exit 44 in Torrington.
Follow Route 4 West to the center of Sharon.
You will come to a four-way stop with a large
clock tower on the left. Turn Right onto
North Main Street (Route 41). Go through one
stop sign; shortly after, go Left onto Low Road.
(If you pass the Shell gas station you're too far.)
Silver Lake is 2 miles down Low Road on Left.

From Eastern Connecticut:

Take I-84 West to Exit 39 for Route 4 West.
Stay on Route 4 West all the way into Sharon
and follow the directions above.

From Western Connecticut:

Take Route 7 North to Cornwall.
At Route 40 intersection turn Left and travel to
the center of Sharon. Follow directions above.

Once you arrive at Silver Lake, someone will
greet you at the entrance and direct you to the
Cedars which is the building we'll be staying in.
The number for the Cedars is: 860-364-4329, the
Silver Lake Welcome Center is (860) 364-5526.



Relaxation... Rejuvenation... Revitalization

Women's Spirit Retreat Yoga & Sacred Chant

April 15-17, 2011

Silver Lake Conference Center
Sharon, CT

Retreat Facilitators

Sara Billings and Whendi Cook
with Massage Therapists
Heather Ziac and Kim O'Neill