

Living in Balance

Women's Retreat - "Finding the Divine Feminine"

Led by Rebecca Rozenberg, CMT

June 24, 25, & 26, 2005

During this transformational weekend for women only, discover the feminine aspect of Spirit so often missing in our lives. Explore the natural feminine connection to nature and the deep spiritual roots and creativity which spring from it. Unravel the impact of living in a culture that unconsciously defaults to God as only a masculine force. Heal the hidden disenfranchisement carried in our cellular memory to step into the full power of the divine feminine in each of us. Experience sacred sisterhood as never before. Find new balance and peace between your inner feminine and masculine energies.

Come celebrate your creativity, beauty, and innate spirituality in this private, rustic nature retreat, nestled in the beautiful foothills of the Sequoia National Forest. Set among oaks and pines on 8 acres along Tillie Creek, "The Center for Living In Balance" is a world apart, only a 2.5 hour drive north from Los Angeles, or south from Fresno.

Activities will include delicious healthy meals, easy nature hikes, guided meditation and visualization, sacred movement, powerful breath work, and a creative expression workshop. Inactivities can include relaxing in the sun, sitting by the creek, or napping in a hammock under a spreading oak.

Accommodation options include several beautiful campsites, RV parking, and a shared-space cabin on the property, or nearby motels at reasonable rates.

Rebecca Rozenberg is a Certified Massage Therapist and intuitive healer specializing in nurturing support for your journey to health and wholeness. Trained as a dancer and in many massage and healing modalities, she blends touch, sound, scent, and movement for a unique, individual healing experience. A channel for healing energy, guidance, and the release of negative habits, thoughts, and feelings, she gently opens a profound connection to Spirit.

Itinerary

Friday, June 24

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| 1:00pm | Arrivals in afternoon- Get settled in, relax, and enjoy the land |
| 6:00pm | Welcome Gathering & Blessing of the Altar |
| 7:00pm | Dinner - "Celestial Soup & Salad Bar" |
| 8:30pm | Opening Circle - "Defining the Feminine Divine" |

Saturday, June 25

- 8:30am Breakfast
- 10:00am Hike & Breath Work – “Accessing Spirit through Nature”
- 1:00pm Lunch/Free Time
- 3:00pm Creative Expression Workshop – “Connecting to Our Feminine Source”
- 6:00pm Dinner
- 8:30pm Sacred Movement Ritual – “Honoring Our Earth Mother”

Sunday, June 26

- 8:30am Breakfast
- 10:00am Guided Meditation & Breathing-“ The Goddess Within”
- 11:00pm Closing Circle - “Transforming Our World “
- 1:00pm Lunch
- 2:00pm Departures in afternoon

Cost: \$250 cabin accommodation (4 spaces available)

\$225 campsite (tent, mattress, & sleeping bag available for additional fee)

\$200 Retreat and meals only

All meals are included from Friday dinner through Sunday lunch.

RSVP: Call to save your space. \$100 deposit due by **May 15, 2005**.

Mail checks to: Rebecca Rozenberg, PO Box 1165, Wofford Heights, CA 93285.

Or, to pay by credit card call 760-376-2342.

Questions: Call Rebecca at 760-376-2342.

Don't hesitate to call if you have any questions or concerns.