

Wise Women's Weekend Retreat with Amy Edelstein

These days are challenging for women. We've gained rights, freedoms, professional positions. And we've seen the limitations of those in culture. We've discovered some inner freedom and felt conflicted as we try to "do it all." We love our children, our partners, our families, our friends yet often feel an ache or loneliness for something we can't quite put our fingers on.

If this resonates with you, I invite you to join an extraordinary group of women April 1st-2nd in Duvall, WA, for an immersion weekend. We will go deep in meditation to create some space and fertilize inner ground for new growth. (Instructions will be given, prior meditation experience not required). We will do personal contemplation so each and every individual can learn to listen deeply for her own openings and intimations of the next personal step. We will engage in powerfully illuminating exploration and dialogue process to expand our worldviews and sense of the possible.

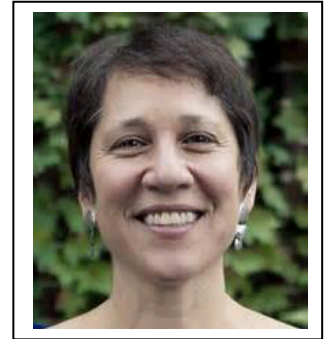
By the end of the weekend, you will find yourself profoundly inspired, with a sense of how to access intuition and wisdom, more calm and at peace. You'll have the support of others who are on a similar journey of life discovery, and you'll have a sense of how you can continue to move forward.

Come to this weekend retreat

- With your decks cleared of urgent to-do's so you can give yourself time to be.
- Willing to let yourself discover an inner support.
- Intent to listen and learn what gives strength and wisdom to yourself & others.

I look forward to guiding you to a wellspring of inner strength and insight.

Amy Edelstein has been teaching spiritual empowerment around the world for almost 20 years. She is the founder of the Inner Strength Foundation, which runs mindfulness programs for over 1200 inner city high school students and author of several books including Love, Marriage & Evolution. More at amyedelstein.com and InnerStrengthFoundation.net.



Retreat Cost: \$350

Schedule

Saturday 4/1/17: Arrive 9-10 AM. Sessions from 10-1, 2:30-6, 7:30-9 PM, with meals in between.

Sunday 4/2/17: Optional early morning meditation, Sessions from 9-1, 2:30-3:30.

Location: Mosswood Hollow Retreat Center, Duvall, WA. Mosswood is a dedicated retreat center located about 45 minutes East of Seattle. The center is located on 40 acres of land and home to ponds, walking trails and a garden.

Accommodations: We encourage you to stay at the retreat center so you can relax and immerse yourself in spiritual inquiry. You may book a room for both Friday and Saturday or just Saturday. The center has a lodge with 22 modestly priced rooms including private (\$128), two beds (\$78), and group room (\$58).

Meals: Meals are prepared using local and organic ingredients. The center can accommodate your dietary concerns. Let them know when you book your room and meals. We will share meals together at the center to further our discussions and get to know one another. Cost of meals: Breakfast (\$15), Lunch (\$19), Dinner (\$25).

To register for the retreat: Send payment (\$350) via paypal to roxanegeller@gmail.com.

To book room and meals: Mosswood Hollow Retreat Center, www.mosswoodhollow.org, (425) 844-9050.

For additional information: Contact Roxane Geller, roxanegeller@gmail.com, (206) 409-0566.