

# Rest & Restore Spring Retreat

## With Roxane Geller EAMP & Michal Waldfogel ND

WED EVENING MAY 29<sup>TH</sup> – SAT MORNING JUNE 1<sup>ST</sup>, 2024



### Do you feel stressed, overwhelmed, tired?

For many of us, it has been a challenging time with the weight of the world. The stressors of life keep us from finding space to fully let go, to feel safe, to be curious, to connect more deeply within and together, to let our hearts break and to feel joyfully alive.

### Connect with your feminine wisdom at the serene, beautiful, magical Doe Bay Resort on Orcas Island, WA

- Feel held in heart-centered, calming, restorative and healing practices.
- Soak in the outdoor pools, sit in the sauna, hike, explore with the trees, water, land.
- Connect in spiritual community while also taking time for yourself.
- Enjoy nourishing food.

**The Rest and Restore Spring Retreat** offers an opportunity to sink into a supportive and non-judgmental space with others who are called to connect with the inner feminine energy within themselves.

Through gently guided practice and ritual, we explore the wisdom within us. We warmly invite cis & trans women, as well as non-binary humans who want to connect with their inner wisdom.

### Reserve your spot now & book your ferry today!

**COST: \$720, Early bird rate, \$648 by April 22nd**

Deposit \$306 [RESERVE YOUR SPOT HERE](#)

Ferries are booking up reserve your spot today!

Questions: [roxane@unioncenterforhealing.com](mailto:roxane@unioncenterforhealing.com)

Bios: [Roxane Geller](#) & [Michal Waldfogel](#)

### Offerings include

- Healing journeys, Self-reflection + journaling
- Chanting + meditation
- Supportive group discussion + sharing
- Ritual practice
- Moving our bodies
- Exploring the divine feminine wisdom, your intuition
- Moving our bodies and finding stillness
- Time to rest, restore and explore according to your intuition
- Tech free



## WHAT is included?

- All **group offerings**, led by Roxane and Michal in the Retreat House [Retreat House – Doe Bay Resort & Retreat](#).
- **Breakfast and Lunch each day, Dinner on Wednesday.** Healthful, delicious meals prepared by our Naturopath friend Leah Alvarado.
  - Vegan/Vegetarian/Pescatarian/Gluten Free Options (we can accommodate most diets).
- **Access to the Doe Bay Resort** including the outdoor soaking tubs, sauna, hiking, yoga & meditation room.



**ACCOMMODATIONS:** Retreat price does not include lodging.

- **Book Lodging** for cabins (private or shared), yurts, or a treehouse! [Accommodations – Doe Bay Resort & Retreat](#). Book soon to secure your stay.
- We have one double occupancy room in the Retreat House (for 1-2 people for an additional fee-email us if interested).
- **Transportation** to and from Doe Bay (see information about reserving your spot on the Ferry). [Washington State Ferries Vehicle Reservations System \(WSF VRS\)](#)
- **Book your ferry now** even if you wait to register for the retreat. To ensure you arrive by our start time at 6PM Wed 5/29, allow 2 hours from Ferry to Doe Bay & check in. Our circle will close Saturday morning by 10MA. **We do recommend booking your return ferry on ASAP** as spots are already booking for the desirable crossing times.

**MEALS:** **All meals except dinners on Thursday and Friday** (most accommodations include a kitchenette). We recommend dining at the famed seed to table Doe Bay Cafe. [Café – Doe Bay Resort & Retreat](#). Michal and Roxane will be there!

**Cancellations:** To keep our group intimate we have limited the number of attendees, and, with the amount of time we spend preparing, we are unable to offer refunds. If the need to cancel arises you may gift your spot to someone else or provide a scholarship for someone who would like to attend.

## Want some Extra Time?

Come a day early or stay an extra day and explore, rent a kayak [Kayaking – Doe Bay Resort & Retreat](#), hike Mt. Constitution, rest, receive a massage [Massage – Doe Bay Resort & Retreat](#), have dinner at the Doe Bay Cafe [Café – Doe Bay Resort & Retreat](#).