

## ● Workshops in Edwards, CO ●

### Creativity, Intuition & Story

**Sunday, March 30 from 1:00-5:30 / Cost: \$75 (includes all materials)**

This workshop will use centering, visioning, intuition and creative art projects to explore and express your personal journey and stories. Story and symbols (images, totems, archetypes) are innate to each of us. Creating and telling our stories through symbols (objects, animals and events) which express and support us is a powerful way to know ourselves, to heal and to transform. From play dough to pastels, writing and poetry to tarot – we'll tap into your creative and intuitive gifts. And for those who doubt themselves, no artistic experience is required. Creativity is something we each innately have and expressing it gifts us the innocence, play and wisdom of healing and insight! Join us for an afternoon of fun and self discovery. (Group size limited to 10.)

### Yoga & Intuition

#### The Body, Emotion, Energy & Awareness

LeeAnn Heinbaugh & Holly Horvath

**Saturday, April 19 from 1:00-5:00pm / Cost: \$65 (Singletree Community Center)**

We will use Yoga as a practice to attune and open to the physical, spiritual and innate nature of our bodies. The body is the vessel of the soul and all our senses and states of awareness. It is much like a tuning fork is to music – holding the vibration, tones, memories, knowing and expression of who we are and how we live in the world. Yet in the modern culture of *doing in the outer* we often do not develop a full relationship with our bodies, our emotions and our *intuitive, inner awareness*. Whether an absolute beginner or an advanced practitioner of Yoga this workshop will be a rich experience of relationship with the body, intuition and the creative process to expand and deepen your relationship with yourself, life and living. Join us for a truly unique personal and spiritual experience! (Group size limited to 25.)

### Change, Change, Change.

#### Chaos or Creation? You Decide.

**Saturday, May 10 from 1:00-5:00pm / Cost: \$65**

We know logically that change will always be a part of life, yet we struggle with the fear, uncertainty and seeming disruption of our ordinary ways that it creates. This workshop will focus on how to connect inwardly and explore what change really means for us. All change holds chaos at its core. This is science and this is reality - chaos is simply the energy of change. Our challenge is that we label and interpret this experience as negative and in doing this we often miss the power of creation that is innately there to be born of it. We need only to look at giving birth, the bursting of a planted seed, or the creation of art to know the beauty of what chaos and creation, the twins of change, really are. Join us for an afternoon of exploring change: the energy and practical life relationship of chaos and creation. (Group size limited to 10.)

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## ● Travel Retreats ●

### Intuition: A Practical Skill

Patrick Lilly & LeeAnn Heinbaugh

**May 1-4, 2008 - Barryville, New York**

Intuition is, in the simplest of terms, a state of awareness which is innate in all of us. Developing and reinforcing our intuitive awareness is a skill. During this four-day retreat we will use practical exercises and experiences to access and apply your own intuition. As a result, you will develop tools to guide, teach, support and more fully experience life and how you want to live in relationship with work, family, spirit and self. There will also be time for relaxation, reflection, and nature. *This retreat is open to everyone and is particularly appropriate for business professionals.*

**Accommodations:**

The retreat will be held in a private country home on the Delaware River surrounded by nature. Meals are included and will be prepared by participants on-site. This communal experience is an important part of our journey and time together.

Maximum of 12 participants. \$850 per person, double occupancy (includes seminar, food, lodging and all materials).

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## ●Other Workshops Coming This Spring... ●

### Healing the Heroine: A Two-Part Series

The heroin – Super Woman, Super Mom, Super Wife, Super Whatever. As women in our culture and communities we often find ourselves being “super” something for others and not “super” soulful in our relationships with ourselves. The *doing* and *being* and *managing* of life in the outer world creates a relationship with ourselves that lacks personal purpose, spiritual practice and passion in who, how and what we are in the world.

This two-afternoon workshop will explore our individual and collective journeys of healing the *modernized heroine* in ourselves and as a group of sacred women. Having two separates times to come together gives us a continued process of support, sharing and a touchstone place to come back to (additional gatherings may be added). We will use centering, storytelling, sharing, creativity, intuition, laughter and practical ways to create your own self relationship, healing, change & spiritual practice. (Group size limited to 10 participants.)

### Nature: A Spiritual Practice

All living things are a part of the web of life. Nature is filled with living stories, cycles, and lessons for living that are vital to our place within it. Having a deep, open relationship with nature is about being attuned to our own essence and our greater experience of living. This workshop will be a day long experience in nature. We will use guided visualization, totems, stories, collage, ritual, walks and whatever else nature brings us!