

# Sharing the Journey

A Women's Retreat

August 21-23, 2009

Higgins Lodge, Laurel Ridge Camp Conference & Retreat Center



Enjoy a relaxed weekend in nature in the beautiful NC mountains. Our time together offers opportunity for self-exploration focusing on choice and sharing your journey with all living things.

Our program includes variety and free time, something for everyone.

Program possibilities:

- ☉ Stress and anxiety reduction with breathing techniques, and loving kindness.
- ☉ Jungian theory exploration focusing on dreams, shadow personalities, art or journaling.
- ☉ Mindful nature walks with possible animal sightings
- ☉ guided imagery
- ☉ campfire

Free time Saturday afternoon with activities\*, if you choose (\*extra cost on some activities may apply)

- ☉ canoeing or kayaking on the New River, weather & water level permitting., \$15.00 per person
- ☉ massage with licensed massage therapist.
- ☉ guided wildflower hike.
- ☉ horseback riding. \$25.00 per hour.

**Higgins Lodge overlooks the beautiful Yadkin River Valley. Fee includes lodging & meals, vegetarian options.**

**Registration is at 4:00 pm Friday & we end with brunch on Sunday. Retreat Fee: double: \$250/single: \$300.**

**Please complete registration form & remit \$100 non-refundable deposit to**

**Vicky L McGee, LPA., PO Box 1153, Holly Springs, NC 27540. 919-673-3122 vlmcgee015@yahoo.com**

*Laurel Ridge is located in Laurel Springs, NC - north of Wilkesboro, south of Sparta and east of Jefferson, NC.*

*Directions and information can be found at [www.laurelridge.org](http://www.laurelridge.org).*

*Cell phone reception is inconsistent. In case of emergency, the phone number at Higgins Lodge is 336-359-8238.*

## REGISTRATION for SHARING THE JOURNEY

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

NAME & PHONE IN CASE OF EMERGENCY:

\_\_\_\_\_

Dietary Restrictions:

\_\_\_\_\_

Retreat Fee: Non refundable deposit: \$100.00

**Due by August 1 – limited spaces.**

\_\_\_ Double \$250.00 \_\_\_\_\_

\_\_\_ Single \$300.00 \_\_\_\_\_

Please check your Activity interests:

\_\_\_ Kayaking \$15.00 \_\_\_\_\_

\_\_\_ Canoeing \$15.00 \_\_\_\_\_

\_\_\_ Massage \$60/hr \_\_\_\_\_

\_\_\_ Horseback riding \$25/hr \_\_\_\_\_

Retreat Total \_\_\_\_\_

Amount Enclosed \_\_\_\_\_