

RETREAT DAY FOR WOMEN

Spiritual Practice for the Busy Woman

Come remember the Divine, Joyous, Goddesses that you are!! Spend a day in nature nurturing the body, mind and spirit on the beautiful Gold Hill Retreat.



Hatha Yoga



Meditation



Drumming



Creating Sacred Space

☯ relax in the hot tub ☯ lay on the lawn ☯ dream ☯ laugh ☯ refresh ☯ renew.



Rev. Celeste Shakti Hill, M. Div. Rev. Hill, founder of Sacred You! Ministry, focuses on a healthy, fulfilled life through balanced lifestyle and Spiritual awakening. She teaches Meditation, Kriya Yoga philosophy, and offers personal spiritual guidance and support.

Sue Anne Bennett. Sue Anne presents rhythm-based programs for populations of all ages and special abilities for people to experience their joy of life and to connect to others in rhythmical community.



Amy Champ Spinetta uses yoga to build communities of peace. She is a PhD student in Theatre and Dance at UC Davis, studying transformative arts, specifically healing movement, folk song & dance and esoteric rituals in indigenous spiritual traditions.

Stephanie Ann Sorensen is founder and director of Sacred Paths Studio. A Certified Yoga Instructor, Reiki Master Teacher, Organic Farmer and Herbalist, Stephanie serves individuals and groups to reconnect with the Earth's Wisdom for inspiration, healing and inner peace.

September 15, 2007

9:00 am - 6:00 pm

Gold Hill Retreat & Olive Oil Co., 5601 Gold Hill Rd. Placerville CA

\$100 includes all workshops and lunch - Pre-registration Required

(209) 418-5113

Call today, and make an appointment with yourself - Sacred You!