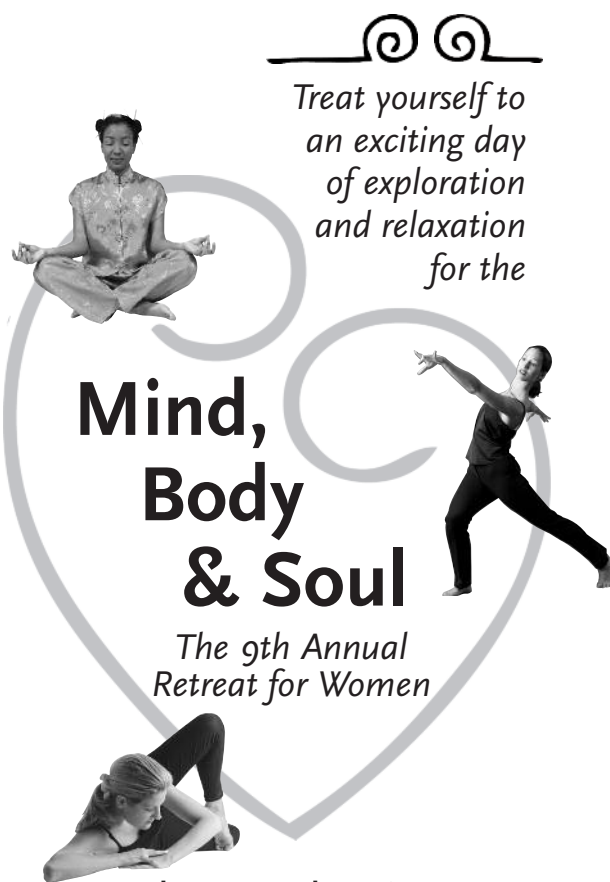




Haven for Healing Foundation, Inc.  
156 Liberty Street  
Hanson, MA 02341



Treat yourself to  
an exciting day  
of exploration  
and relaxation  
for the

# Mind, Body & Soul

The 9th Annual  
Retreat for Women

Saturday, September 26, 2009

10:00 am - 5:00 pm  
at Camp Kiwanee

to benefit the



A Non-Profit Organization Dedicated to Education  
and Integrative Healing for the Health Challenged

[www.haven-for-healing.org](http://www.haven-for-healing.org)



## Rejuvenate yourself!

Take part in a variety of workshops during each session. They are all introductory and require no previous experience. Or take some free time during one session to receive healings, participate



in the silent auction, go for a nature walk or spend time to be quiet and meditate. It's YOUR day!



### Location:

Camp Kiwanee is located on Indian Head Street, Rte 58, in Hanson.

Please refer to our website:  
[www.haven-for-healing.org](http://www.haven-for-healing.org)  
or call 781-293-7110

### About the Foundation:

The Haven for Healing Foundation, Inc. has been providing alternative energy healing to the South Shore for over eight years. Run by women and supported by volunteers, the Haven has served thousands and facilitated the healing of their health concerns. With the ever growing population of those afflicted with cancer, we are being called to expand. By participating in this event you will be helping us to raise the funds necessary to hire a grant writer to aid us in seeking the funding we need to provide complementary healing to this population.



Cost: \$85-Post Marked by 9/15/09  
\$100 after 9/15/09

### Schedule of Events

- 10:00 to 11:00am – Registration
- 11:00 to 11:15am – Opening
- 11:15am to 12:15pm – Workshop Session 1
- 12:15 to 1:00pm – Healings/Offerings
- 1:00-2:00pm – Workshop Session 2
- 2:00-3:00pm – Lunch
- 3:00 to 4:00pm – Workshop Session 3
- 4:00pm – Auction
- 4:45pm – Fire Circle/Closing



Lunch included and Provided by  
Glinna's Catering Service

### Menu:

- Mescaline Salad
- Sauteed Summer vegetables with Balsamic Vinegar and Goat Cheese Wraps
- Marinated Chicken Tenders
- Roasted Butternut Squash with Thyme and Rosemary
- Apple Crisp with Vanilla IceCream
- Assorted Cookies

### Healings/Offerings:

- |                            |                            |
|----------------------------|----------------------------|
| Reiki                      | Volunteers                 |
| Chair Massage*             | EllenGill/Suzanne/Sue Fitz |
| Facial Rejuvenation*       | Eileen Quemere             |
| Lymphatic Facial Drainage* | Cindy Dean                 |
| Tuning Forks*              | Debbie and Betty           |
| Angel Readings*            | Jean Bilowz                |

\* These offerings will be available for \$1 per minute.





## Registration:

There will be 3 one-hour workshop sessions to participate in. Registration of workshops will be on the day of the event. When you arrive you will be asked to sign up for one class in each of the sessions.

Occasionally some classes fill up quickly so we ask that you consider a couple of options that might interest you for each session.

Early Registration is \$85.00, and must be postmarked by September 15th. Otherwise, registration is \$100.00.

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## Workshops:

### Session 1— 10:15-12:15am

*MariEL – Suzanne Hill (Location: Art Room)*

MariEL is a healing modality that has been brought into awareness for the purpose of awakening those who are in the process of letting go of the ego-self through direct connection with the unconditional love & compassion of the Divine Feminine. MariEL is not a religious association with Mary, the Blessed Mother, but rather an energetic one. In this workshop you will learn how to connect with the Divine Feminine energy through Mary and how to apply it to all areas of your personal life.

*MUDRA WORKSHOP – Betty Ciccarelli (Lake Deck)*

Are you looking for relief in your physical, emotional, and/or spiritual worlds? Does time seem to be a factor in keeping you from finding some balance? Do you feel lacking in energy, will power, compassion, strength? Mudras are hand positions (prayer positions with the hands is very familiar-invoking reverence and spiritual connection) which are extremely powerful and easy! In this workshop you will discover some basic mudras you can use to enhance your life and resources that are available for you.

*BREATH & MEDITATION – Lee-Ann Trigler (Library)*

Did you know that oxygen supplies the body with oxygenated blood that helps relax, energize, and nourish? Did you know that most people use only 30% of their lung capacity? In doing so they are denying maximum nourishment, relaxation, energy and wellness! Learn different techniques of breathing and meditation to:

- Calm your nervous system
- Cool your body
- Energize- Relax-Nourish



*YOGA INVERSIONS – Debbie Blauss (on the Beach)*

Have you ever wondered what the world would look like upside down or just wanted to try? Inversions are a wonderful practice for keeping your body healthy and slowing down the aging process. We will be using walls for support.



*DANCE YOGA – Eileen Quemere (Pavillion)*

Experience the therapeutic benefits of yoga along with the expressive benefits of dance, gaining a sense of aliveness, awareness, vitality and peaceful joy. Dance Yoga incorporates flowing hatha yoga forms with fiery and fluid rhythms of dance movements. No experience in dance or yoga required. Come wearing comfortable clothing and be willing to let yourself go!

### Session 2— 1:00-2:00pm

*TRANSFORMED BODY - TRANSFORMED LIFE*

– *Kathy Jordan (Art Room)*

**7 keys to successful weight loss:** If you can't face another diet but want to be healthy and end the struggle with your weight once and for all then join Kathy Jordan, MS, RD, LDN, CPT of Body Transformation by KJ to discover the keys to successful weight management. As an eating behavior specialist and registered dietitian, Kathy will help you learn how to identify blocks, overcome obstacles, develop a healthy mind set, and apply the tools and techniques to successfully reach your weight loss, nutrition and eating behavior goals.

*FOOT REFLEXOLOGY – Debbie Blauss (Lake Deck)*

Foot Reflexology is a form of massage that works on the reflexes or pressure points in the feet to help the whole body. This class will teach you the basics so you can help heal yourself or your family. We will be working with yours and a partner's feet.

*YOGA WITH PROPS – Erin Casperson (Library)*

Blocks? Straps? Chairs? Blankets? Do you really need these for your yoga practice? ABSOLUTELY YES!!!! But have you ever really been taught what is best to use when and where? Come deepen your yoga practice by using props that will support and assist you in lengthening and strengthening your body. By releasing the holds on our body, we release the holds on our minds. Props are the tools to bring us into perfect alignment of body, mind and spirit. So join Erin in this informative workshop and learn the props to propel your yoga practice both on and off the mat.

*TONG REN THERAPY WORKSHOP – Betty Ciccarelli*

*& Kathryn Demers (Side Deck)*

Tong Ren Therapy operates on Jung's theory of the "Collective Unconscious" and brain entrainment. It removes blockages in the body's energy channels to regenerate proper cell growth and function, and to promote healing. Join us and experience the energy generated by a simple and powerful tapping technique with fingers!

*BELLY DANCING – Amirah (Pavillion)*

Women of all ages, all sizes and no experience can discover this amazing dance that celebrates women and connects us to our bodies in magical and freeing ways. The art of belly dancing increases your flexibility and strength while enhancing muscle tone in the entire body, especially the abdomen. Belly Dancing, with its roots in the Middle East, is an ancient art of healing used in celebrations. Women who learn this dance come together to honor their feminine side, increase their self-confidence, exercise, and to have fun! So come and set your spirit free!

### Session 3— 2:00-3:00pm

*ACUPUNCTURE FOR RELEASING FEAR, ANXIETY, DEPRESSION – Sue Fitzgerald (Art Room)*

So many women are experiencing the effects of our economy and the pressures of life, family, work. Join Sue and learn how environment and lifestyle may affect these symptoms and learn how you can help alleviate fear, anxiety and depression. You can become empowered with knowledge and information.

*REIKI – Haven-for-Healing Reiki Master (Lake Deck)*

Are you aware you have a healing energy within you? Did you know relaxation promotes healing? Are you looking for relief from physical or emotional discomfort? In this workshop you will learn the history of Reiki and hear some amazing stories! Sit and receive a treatment from our practitioners and discover how Reiki works!

*YIN YOGA – Ellen Gill (Library)*

If you have ever sat for a long time with legs crossed, you know the hips and lower back need to be strong and open. The sensations you felt were deep in the connective tissues and the joints. These are the deep yin tissues of the body, relative to the more superficial yang tissues of muscles and skin. Yin Yoga opens up these deep, dense, rarely touched areas. New depths in postures, deeper ranges of motion, or an increased flow of energy may be achievable by focusing on the deeper tissues of the body.

*"WILL SOMEONE JUST LISTEN TO ME?"*

– *Marianne DiMascio (Lodge)*

Being heard is a powerful thing. Come to this workshop to listen and be listened to and discover how it opens your life to clearer thinking, self growth, and a sense of reclaiming what you want - for you.

*ZUMBA – Nadia (Pavillion)*

Motivating, exciting, and fun, only begin to describe the latest fitness craze called ZUMBA. It was featured in Women's World Magazine as "hottest fitness phenomenon"– burn 500 calories an hour! Using easy-to-follow dance steps and Latin music this class offers an energetic and stress relieving workout that targets your entire body. Zumba is designed for everyone, every shape, and every age. ZUMBA has taken the nation by storm!



## Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone \_\_\_\_\_

E-mail \_\_\_\_\_

*Please Note:*

Please be mindful that some classes have limited space due to location. Therefore, we ask that you consider a couple of workshop options that might interest you for each session.

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CHECKS: By Sending my personal check I understand and authorize all dishonored checks, plus a processing fee of \$10.00, to be electronically debited from my checking account.

REFUND & CANCELLATION POLICY: a full refund will be given with 14 days notice prior to the retreat. No refunds will be given after that point.

Your returned check is your confirmation.  
No news is good news!

