

## Day One~

### Nourishing the Inner

#### Nourishing the Soul Through Poetry of the Senses~

Participate in journaling exercises that nourish your muse, inspiring an awareness and expression of the sacred in daily experience. Presenter **Sher Christian** is an accomplished poet and popular lecturer who enthalls listeners with her luscious poetry and expressive voice.

#### The Art of Living Soulfully~

Reflect upon that which nourishes your body, mind, and spirit, and explore how to integrate this into your daily life. Presenters **Heidi Noh-Kuhn & Jim Kuhn** are co-owners of *Dare to Dream*, a coaching business specializing in visioning and coaching to establish meaningful goals and plans of action.

#### Daily~ Yoga with Martine Rudee

Owner of Lotus Moon Yoga in Petaluma, **Martine Rudee** teaches a gentle meditative style of Hatha Yoga combining grace of breath, movement and sacred practice.



Karen Cappa



Sher Christian



Julie Halpin



Diane Haris



Heidi Noh-Kuhn & Jim Kuhn



Lucy & Michael Mazes



Martine Rudee



Cathleen Springer



Kimberly Maya Urrea

## Day Two~

### Nourishing the Outer

#### Nourish with Food~

Are we making the best choices for our current and future health? There are many simple changes you can make in your diet and lifestyle to improve the way you feel. Join **Julie Halpin**, Certified Nutrition Consultant, to learn how to nourish your body, mind, and the planet with delicious, nutritious food.

#### Nourish with Rainforest Herbs~

Learn how you can feel better than ever before while supporting the preservation of Nature's most concentrated source of nutrients—the Amazon Rainforest. Join **Cathleen Springer**, Certified Homeopath, along with **Lucy and Michael Mazes**, home-based business experts and Amazon Herb Co. champions, for a discussion of extraordinary herbal supplementation, your health and the health of the planet.

#### Interior Alchemy~

Feng Shui is an amazing transformational process that employs one's surroundings to catalyze deep change, acknowledging that our dwelling spaces are not separate from ourselves. Learn to create an intentional home to support your vision and goals. **Kimberly Maya Urrea's** wide-ranging Feng Shui studies have deepened her appreciation for the principles of sustainability.

## Day Three~


### Nourishing the Planet

#### Global Partners~

With a mission of "ending poverty through the power of partnership," **Noni Verbiscar-Brown**, spokesperson for Sonoma County-headquartered Global Partners, emphasizes the importance of working together to address the very real problems of injustice and violence that stand in the way of true peace and true progress. "Our organization, our donors and our African partners are joined by a mutual respect and acknowledgement of our shared humanity. Only through this partnership do we believe that lasting and sustainable progress can be made."


*PLEASE NOTE: A portion of the net proceeds realized by this NOURISH retreat will be gifted to Global Partners.*

#### Daily~ Circle, Ceremony, Meditation, TLC and Belly Laughs with Diane Haris & Karen Cappa

 **Revel** in the sensory pleasures of healthy, scrumptious meals, casual comforts, rolling hills, and wise, old oaks at family-owned Westerbeke Ranch.

 **Rejuvenate** through soul-satisfying experiences of yoga, relaxation, hot soaks, swimming, hiking, massage, reading, napping, walking the labyrinth.

 **Reinvent** with the wisdom of discussions on visioning, nutrition, creativity, healing herbs, feng shui, as well as planetary health and global outreach.

 **Reconnect** with your Spirit through abundant TLC, ceremony, camaraderie, and journaling.

 **Return** with tools and inspiration to live in passion, health, joy, and authenticity.

## Registration Info~ Register Early and SAVE!

### Rates~

Early Registration: \$695 by 7/31/08

\$740 by 8/31/08

\$765 by 9/15/08

\$800 after 9/16/08

Check, MasterCard and Visa accepted.

### Cancellation Policy~

All refunds are less \$50 cancellation fee through 9/1/08. After 9/1/08, 50% of the registrant's fee will be refunded. After 10/1/08, the registration fee is nonrefundable.

### To Register or for more information~

Karen Cappa:

(707) 665-0809

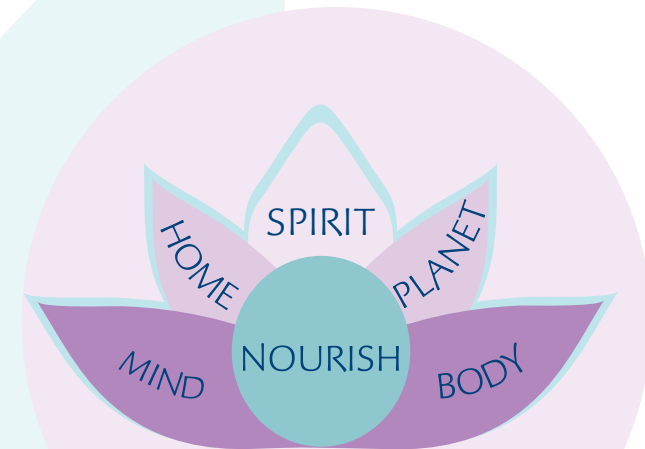
kjcappico@earthlink.net

### Special Thanks ~

My deep gratitude goes to my NOURISH Core Team: Karen Cappa, Sher Christian, Diane Haris and Heidi Noh-Kuhn for partaking in this shared vision and gentle journey.

With love,

Cathleen Springer, Director



# NOURISH

## A Retreat for Women

October 16-19, 2008  
Westerbeke Ranch, Sonoma, CA

*"Stopping is a spiritual art. It is the refuge where we drink life in."*

*-Sue Monk Kidd, Firstlight*