

Women Be Wise Retreat 2010 – Sunday, March 21st

at Fire Om Earth Retreat Center, Eureka Springs, Arkansas

Registration

Women Be Wise is an annual retreat designed to bring the incredible women of Eureka together. We bring to you facilitators and therapists offering workshops, classes, and skills to help enrich your life.

The Details

* Retreat begins at 9:00am - begin by picking up your pre-registered schedule for your chosen workshops. Retreat comes to a close at 6:00

*\$25 fee includes registration and prepared meal. Donations to individual facilitators are appreciated.

* Check with Registration is due by March 15th...

*Please bring

-yoga mats if you need one when stretching.

-Beverage, and snacks to share for lunchtime.

-Journal for note taking etc...

-Wear comfortable clothing for movement and a warm jacket for strolling on the retreat centers grounds.

* A prepared meal will be shared at the close of the day.

This year's Workshops -

- Dreams - Why they are important.
- Cooking Workshop with Chef Samantha
- Planetary Walk
- Tribal Face Painting
- Herbs as your Medicine - Edible greens and Tinctures
- Tarot: Playground for the Goddess Within
- Vocal Play
- Sacred Sound
- Exploring Healing in the Sufi Tradition
- Wellness / Feel Pain Free and Energized For 2010

Please send your registration to

Fire Om Earth Retreat Center

872 Mill Hollow Rd

Eureka Springs AR 72632

by March 15th

Questions please call Lorna-479-363-9402
or go to www.fireomearth.com for more details

Workshop Descriptions:

- Dreams - Why they are important - with Lilian Bern, Holistic Psychotherapist
Waking awareness is one life, the world of dreams is our other life, where conscious, sub-conscious and super-conscious minds meet.
- Cooking Workshop: Spring Start Your Palate with Chef Samantha Izzo of Simply Red Bistro in Upstate New York
Session 1: Spring Rolls
Session 2: Soup
Explore some new flavors and approaches to vegetarian cuisine with an Asian Twist including Vietnamese style Spring rolls followed by a Bangkok style spring vegetable soup and a Cauliflower, Broccoli and Cashew Salad.
- Planetary Walk with Barbara Harmony
Fun experiential session - Come be a Planet. Become familiar with astrology signs and cart by doing planetary walks.
- Tribal Face Painting with Valerie Hubbard Damon
Discovering your primal self through techniques of applying face decoration to unmask the mask.
- Herbs as your Medicine - Edible greens and Tinctures with 'Bree' Donna Thompson
Learn to recognition wild spring edibles and make simple tinctures for yourself, working with the moon cycles and the gifts the Mother gives us this spring.
- Tarot: Playground for the Goddess Within with Teressena Bakens
The divine feminine archetypes of tarot create a rich playground for awakening the Goddess within. This is an experiential workshop where costume, movement, essential oils, and sound, combined with the imagery of tarot cards assist one in discovering the multi-faceted aspects of the Goddess within. Attuning to the divine feminine through tarot is an amazing tool for transformation and empowerment.
- Vocal Play with Darlene
Exploring the voice through melody, harmony and rhythm in a playful way.
No experience necessary.
- Sacred Sound with Rebekah Clark, LMT, MT-BC
The Voice: A Tool for Ascension. Together we will uncover the magic - Vibrational Medicine for self discovery. Other instruments we may use include: singing bowl, drum, bells, etc. No experience necessary.
- Exploring Healing in the Sufi Tradition with Melissa Clare
Sufism is a mystical path with a lineage that goes back to the 7th century, but its roots are lost in the mists of time. Sufism has been called the religion of the heart - and a place where all healing traditions meet - and provides a path that respects all spiritual ways, honoring the embodiment of the Divine in Nature and in our human life experience. Drawing on the energy of the Universe, we work with breath, sound and light to increase our healing capacity while recognizing that the Source of healing is Spirit. The Sufi Healing Order supports all who are dedicated to healing themselves and others by making available these mystical practices which increase our healing capacity.
- Wellness / Feel Pain Free and Energized For 2010 with Janie Schumann
Managing stress in our bodies can relieve pain, fatigue and premature aging.
Learn what works. Alternatives are available for anti-aging.

*Choose from these 11 offerings (note there are two (2) cooking workshops) and List the workshops 1-6 below ranking to indicate which you'd like to participate in . . . 1 being the most wanted workshop.

You will be scheduled for approximately 4 of your 6 choices during the day - on a first-come, first-served basis - so the sooner you send in your registration the more likely you will get into your #1 workshop.

*Please send your Women Be Wise registration and check for \$25 to:

Fire Om Earth Retreat Center
872 Mill Hollow Rd Eureka Springs AR 72632

by March 15th

Please make check out to 'Fire Om Earth Retreat Center' and mail with your registration.
(or check here if you have already registered online with credit card: _____)

Name _____

Address _____

Phone Number _____

E-mail _____

My workshop preferences:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Optional Dorm / Guest Room accommodations offered at Fire Om Earth Retreat Center

Dates requested:

_____ Dorm accommodation at Fire Om Earth Available for workshop attendees
Sleeps four, shared bathroom. Bring your own bedding and towels
Kitchen in main lodge is available for breakfast and lunch preparation
\$25 per night x ____ nights = _____ amount of payment

_____ Guest Bedroom in Main Lodge
Private bedroom - double bed, shared bathroom
Kitchen in main lodge is available for breakfast and lunch preparation
\$65 per night x ____ nights = _____ amount of payment

Return Again, Return Again - Back to Nature, Back to Self Retreat
Saturday, March 20th

_____ Enclosed is my registration for Women Be Wise AND Return Again Day Retreat \$60
(\$25 + \$35, no lodging)

_____ Enclosed is my registration fee for Women Be Wise (\$25) and Return Again Overnight
Retreat with two meals (\$95 includes dorm for Sat night)