

Women's Day of Renewal

Saturday, January 20, 9:00am-3:00pm

After the busy holiday, give yourself the gift of renewal. Experience a day to recharge, reflect and explore your inner-wisdom. Set an intention for the new year and explore what unfolds.

This day offers a gentle pace that weaves moments of solitude with times in community of other women. You will enjoy the Tau Center Art Studio for contemplative creativity using vision boards, mandalas, collage, and other forms of personal and spiritual expression along with witness journaling. You have the choice to work within a group or to work individually on your own.

To help quiet our minds throughout the day, restorative Yin Yoga sessions will be available in both the morning and afternoon to allow for relaxation and to reconnect with the breath of both our body and spirit.

During the day, you can also enjoy other amenities including our outdoor Peace Path, Chapel, Meditation Room and other shared quiet spaces.

Included in the registration fee is a box lunch, art supplies and yoga, as well as an option for a private quiet room (8 rooms available), if requested. Massage or healing touch* sessions will be also be available for an additional fee on the day of the retreat.

 **\$125 Early Registration by January 8 (\$145 after 1/8)**
Registration closes January 18.

** Healing Touch is a relaxing, nurturing, heart-centered therapy which works with your energy field to support your body's own ability to heal. It uses light touch, or near body touch, to clear, balance, energize, and support your own energy system to promote healing for your whole being: mind, body, spirit.*

About the facilitators...

Sharon Devo is on staff at Tau Center as Program Specialist, Retreat Leader and Program Facilitator. With a nearly 30 year meditation practice, rooted in desert spirituality and eastern traditions, she creates space in her life for solitude and silence daily. In addition to meditation, Sharon relies on extended time in nature, yin yoga and creative work in her home studio, as the foundation for ongoing spiritual exploration and life balance. Training as a Co-Active Coach, SoulCollage® and Open Studio Process facilitator, she completed the Spiritual Deepening for Global Transformation Certificate at Christine Center in 2010.

Christine Kroon is a RTY 200 Registered Yoga Teacher with a special certification in Yoga to Transform Trauma since 2016. She also practices Zen Meditation with the Empty Circle Zen Group of NWI led by Senior Dharma Teacher Jerry Ashmore which she incorporates into her Yoga teachings.



PROGRAM FACILITATORS



Sharon Devo



Christine Kroon