

*What will you do with your
one wild and precious life?*

One Day Retreat

sponsored by

The Woman's Discovery Center

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ASU College of Nursing & Health Professions

Retreat Facilitator: Brenda Wiseman, R.N.B.C.

February 6th, 2010

8:30 a.m. — 4:30 p.m.

ASU Campus

Donald W. Reynolds Center
for Health Sciences

Space limited to 12 participants

Reservation required:

870.933.9939 or 870.219.2488

Retreat Fee: \$55.00

(Lunch & supplies provided)

Dress casually and comfortably

(layering suggested)

Activities:

Art Musings (artistic expressions, no art experience needed)

Metaphor for Life's Pathway (labyrinth)

Reflection of Your Life (sand trays)

You've Got a Story to Tell (ethical will)

Awakening to Life (living consciously - what the dying teach us)

Body Prayers, Imagery, Music, Poetry, Ritual