

# *He(art) of Awakening*



## *Women's Expressive Arts Retreat*

Living in these challenging times requires courage, creativity and compassion for ourselves and others. During this spring retreat, we will pause to rest, reflect and renew during a spacious day of art-making in community. Through *writing, movement, poetry, visual art-making, and mindfulness practices*, we will awaken the artist within, drawing on our he(art)'s capacity to nourish, guide and sustain us.

Join us for a day of self care, enlivening conversations with other creative women and expansive play in the expressive arts. There will be time to linger outdoors in the beautiful landscape of our retreat setting and to enjoy a delicious catered vegetarian lunch. Previous artistic experience is not necessary, as we focus on awakening the *Creatress* within each woman while becoming artists of our lives. For those wishing to extend their retreat time, overnight accommodations are available at an additional cost.

*Saturday, April 29, 2017 (10 am - 6 pm)*

*with Jena Leake, Ph.D., R.E.A.T.*

**Fee:** *Early Bird:* \$160 before 3/30; *Regular:* \$180 after 3/30 (includes art materials & vegetarian lunch)

**Location:** Bridge Between the Worlds Retreat Center, Keswick, VA

**Registration:** For more information, contact: [jenaleake@earthlink.net](mailto:jenaleake@earthlink.net) or (434) 996-8087

Register on-line at: [jenaleake.com](http://jenaleake.com)