



**Women In Time:
A New Year's Retreat on the Gulf Coast
January 1-4, 2009**

**Facilitated by
NORINE CARDEA, SUSAN CERULEAN and VELMA FRYE**
On the Eastern Shore of Weeks Bay in Fairhope, Alabama

In the bright, cool days of our southern winter, we invite you to begin the New Year with stillness, song, and deep, inner work. You will be guided by three experienced leaders -- a therapist, a writer, and a singer -- as you take this time in the company of supportive women. Slow down and explore your responses to what is happening at this time on the Earth, at this time of the year, and at this time in your life.

Using stories, ritual, and incisive therapeutic tools, **Norine Cardea** offers a framework for hope and courage. Explore the unique gifts that you alone bring to our world, and access the clarity and strength to live your purpose more fully. When we are safe and truly seen, profound change is possible.

Naturalist and writer **Susan Cerulean** guides you to deepen and integrate your work with Norine. Writing exercises help retrieve the stories you hold in your body. On this beautiful bay shore, you will sharpen your senses, learning from the bioregion that holds us.

Woven throughout our time together, **Velma Frye** will lead sacred songs and chants, drawing from music she has composed, others' music, and chants we will improvise in the present moment. Singing spiritually inclusive lyrics, sacred pauses will be offered at various times: before dawn, dawn, mid-morning, noon, late afternoon, sunset, after dark.

WORKSHOP DETAILS

Where: Beckwith Camp and Conference Center, Fairhope, Alabama
Check-in: Thursday, January 1, 2009 4 - 6 p.m. Note: Central Time Zone
Retreat begins: Thursday, January 1, 2009 7 p.m.
Check-out: Sunday, January 4, 2009 After lunch
Cost: \$475 Includes: tuition, lodging in a double room (singles available),
and meals: Thursday dinner through Sunday lunch

Secure a place by sending a non-refundable deposit of \$175 to Velma Frye at:
1507 Atapha Nene, Tallahassee, FL 32301 Balance (\$300) due December 1, 2008

For more information and to check on C.E.U.'s:

ncardea@comcast.net 850.224.8485, Ext. 1
www.susancerulean.com 850.216.2016
www.velmafrye.com 850.942.4849

www.beckwithccc.org



“After my personal constellation work with Norine, I feel a healing between myself and the spirit of my mother. This is a great blessing for me.

Writing with Susan brought me deep into my soul’s memory and encouraged me to write from that place every day.

Velma’s music continues to remind me on a daily basis to pause in the sacredness of the day.”

-- W.S., workshop participant, 2008

“I look into my heart for the wisdom to live this day well.

Macrina Wiederkehr, Seven Sacred Pauses