



Norine Cardea



Susan Cerulean



Velma Frye

## **Women In Time: A Training**

**February 21-24, 2008**

**Facilitated by NORINE CARDEA, SUSAN CERULEAN and VELMA FRYE  
St. George Island, Florida**

**Never have the stakes seemed higher, nor our own contributions more necessary, than in these perilous times. Climate change and economic and social turmoil clamor for our attention. We cannot do all that is needed alone, so we join together. With the help of three experienced leaders -- a therapist, a writer, and a singer -- and a small group of supportive women, you are invited to explore your own deep, inner responses to what is happening to our world.**

**Velma Frye will guide you into songs she composed specifically for sacred pauses: before dawn, dawn, mid-morning, noon, late afternoon, sunset, and after dark. You may choose to sing a sacred pause a few times a day or all seven.**

**With Susan Cerulean, we will use journaling, dreamwork, and movement to connect with tide, moon, and place. We will work with our senses and bodies to remember the stories we hold.**

**Through ritual and guided group work, Norine Cardea will invite you to explore the unique gifts that you alone bring to our world. She will assist you in coming to the edge of what scares you to explore the possibility of living your purpose more fully.**

**Let's come together to claim our place in this time on Earth, this time of the year, and this time in our lives.**

## **WORKSHOP DETAILS**

**We will gather for two-and-a-half days and three nights in a beach-front house on St. George Island. We will eat simple, nourishing food, and be outside as much as possible.**

**Arriving: 5-7 p.m. Thursday, February 21, 2008**

**Beginning: 7 p.m. Thursday, February 21, 2008**

**Ending: 11 a.m. Sunday, February 24, 2008**

**Where: St. George Island, Florida**

**Cost: \$475 Includes tuition, lodging in a double or triple room, seven meals (Friday breakfast through Sunday breakfast)**

**Note: We will interview each applicant to create a safe, confidential group for this training.**

**Then, you will secure a place in this training by sending a non-refundable deposit of \$175:  
Velma Frye, 1507 Atapha Nene, Tallahassee, FL 32301 Balance due: February 14 (\$300)**

**For more information:**

**Norine Cardea 850.224.8485, Ext. 1**

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***“I look into my heart for the wisdom to live this day well.  
Macrina Wiederkehr, Seven Sacred Pauses***