

# *Writing the Body, Dancing the Soul*

“To write is  
to note  
down  
the music  
of the  
world,  
the music  
of the body,  
the music  
of time.”

Hélenè  
Cixous,  
*Rootprints*



## *A Spring Body Soul Writing Retreat for Women March 18 – 22, 2019*

You are invited to join Marlene for a Five Day Residential Body Soul Writing Retreat for Women in March. Loon Lake Lodge and Retreat Centre is a beautiful oasis of peace and tranquility in Maple Ridge, an hour's drive from Vancouver. Come and sink into your own writing and creative process. A variety of new writing prompts and guided meditations, the gentle support and inspiration of the group, the quiet beauty of the setting and delicious food, and abundant spaciousness for reverie and reflection will nourish your body and soul.

Our lives are often so busy that we lose touch with our own depths. The retreat will provide freedom to move, dream, and write according to your own rhythm. In a sacred circle of women, we will write and share, meditate and move, dance and draw, ripen and deepen, laugh and weep, as we explore our stories with wild and audacious abandon. We will invite, attend, and dance our stories and poems onto the page as mirrors of our soul's journey. If you are involved in an ongoing writing project, this retreat offers the opportunity to immerse yourself and carry it forward.

“Let your body become the music. Let her sing. Let your pen walk in the twilight between consciousness and unconscious. There, it will find such images, such ideas as you could never find.” Marion Woodman, *Coming Home to Myself*

Our workshop sessions will take place in a large, beautiful room overlooking the lake. There will also be unscheduled time to relax and write, walk around the lake, and enjoy a cup of tea and conversation with other women in the group. Evenings will include open readings and informal discussion of the writing process.

Join us for a time of nurturing retreat, creative exploration, and soulful companionship as we celebrate the turning of the seasons and welcome the arrival of spring. Please bring a large journal or notebook, a dream you are curious about, a yoga mat, comfortable clothes to move in, and a dancing skirt, just in case!

The all-inclusive program fee includes five days/ four nights in Koerner Lodge, Loon Lake's luxury accommodation. Lovely rooms with private bathrooms and amenities, all meals and snacks, workshop tuition and materials, and several surprises. Bring your hopes and dreams, your imagination and curiosity, and an open heart and mind. I promise you will leave feeling restored, rejuvenated, and inspired!

\* Program fee before January 1st: \$1425

\* Program fee after January 1st: \$1575  
(There is a \$50 surcharge for GF meals)

Please call or email if you are interested in joining us. Payment is due at the time of registration and enrolment is limited. The registration form is attached and you can indicate any food allergies or dietary restrictions you may have. We will begin on Monday at 3 pm, and finish on Friday at 1 pm.

\* Please note that this retreat will not repeat material from previous Body Soul Writing Retreats. Return participants are most welcome. Ideally participants will have taken a course or workshop with me before. Anyone new may contact me to arrange an individual consultation hour (\$150) in lieu of a previous course or workshop.

\* Cancellation policy: If you withdraw before February 1, 2019, your payment minus \$250 will be refunded. If you withdraw after February 1, 2019, your payment minus \$250 will be refunded only if I can find someone else to fill your space.

In early February I will send an email to registered participants. At that time we can discuss car-pooling to Loon Lake Retreat Centre from Vancouver.



Dr. Marlene Schiwy  
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***Writing the Body, Dancing the Soul: A Body Soul Writing Retreat***  
**Loon Lake, March 18-22, 2019**  
**Registration Form**

Name: \_\_\_\_\_

Mailing address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Contact person and information in case of emergency: \_\_\_\_\_

\_\_\_\_\_

(If you have participated in a recent Body Soul Writing Retreat feel free to update your responses to these questions only where you feel it's relevant.)

\* What appeals to you about this program at this time in your life?

\* Please describe any writing you have done in the past year or two or are currently doing, for example journal writing, memoir, or any other form.

\* Please describe any other forms of creative expression and soulwork you are currently engaged in.

\* Have you participated in any previous Body Soul workshops of any kind?

\* Are there any particular questions, issues, themes, or concerns you would like to focus on during this retreat?

\* Please describe any food allergies or dietary restrictions you may have. Loon Lake accommodates vegetarian diets. Vegan and GF meals are available for a \$50 surcharge.

\* Are there any injuries or health issues that might impede your movement?

\* Are you interested in ride-sharing with other participants travelling from Vancouver? Please specify whether you are offering or requesting a ride.

\* Is there anything else you would like me to know?

\* Program fee, before January 1<sup>st</sup>: \$1425

\* Program fee, after January 1<sup>st</sup>: \$1575

\* If you withdraw before February 1<sup>st</sup>, your payment minus \$250 will be refunded. After February 1<sup>st</sup>, your payment minus \$250 will be refunded only if I can find someone else to fill your space.

**\* Please note:**

**1. This Body Soul Writing Retreat is not therapy. It is not appropriate for anyone in psychiatric distress.**

**2. Neither Loon Lake Retreat Centre/UBC nor I (Marlene Schiwy) can be held responsible in the event of accident or injury on the premises of Loon Lake Retreat Centre. With your signature, you release Loon Lake Retreat Centre and myself from all liability and indemnification, and assume full and complete responsibility for your own physical safety during your stay.**

**\* Please sign and date below to indicate that you understand and agree to these conditions of registration.**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please send this completed registration form and the registration fee by e-transfer or cheque (payable to Marlene Schiwy) to:

104-2890 Point Grey Road  
Vancouver, B.C.  
V6K 1A9