

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 12 – 16, 2018

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, 2018, your payment minus \$250 will be refunded. If you withdraw after February 1, 2018, 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.



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