



WOMEN'S RETREAT

Saturday, June 4

Signup sheet is in the Narthex

Location:

Camlachie United Church

Cost \$20

Deadline for payment: May 23

****Limited seating****

EXPRESSIVE ARTS ACTIVITY
DISCOVER THE JOY OF CREATING YOUR OWN
DYED SILK SCARF.

*MATERIALS ARE INCLUDED IN FEE.

*WEAR COMFORTABLE CLOTHING
APPROPRIATE TO WORKING WITH DYE.

SCHEDULE OF EVENTS

9AM	ARRIVAL – COFFEE; LIGHT SNACK PROVIDED
915AM	“GROUNDING EXERCISE” WITH BARBARA PITT
930AM	EXPRESSIVE ARTS ACTIVITY WITH <u>EXPRESSIVE ART THERAPY FACILITATOR, BARBARA PITT</u>
1030AM	BREAK
1045AM	EXPRESSIVE ARTS ACTIVITY CONTINUES
NOON	<u>LUNCH BY CHEF NIGEL</u>
1PM	EXPRESSIVE ARTS ACTIVITY CONTINUES- DISCOVER THE JOY OF CREATING YOUR OWN DYED SILK SCARF
230PM	GATHER YOUR ART AND COLLECT YOUR CALM THOUGHTS
245PM	RELAXATION EXERCISE – WITH <u>YOGA LEADER, JULIE DEVINE</u> (NO SPECIAL MATS OR CLOTHING ARE NEEDED)
3PM	DEPARTURE

This retreat day is Sponsored by the **CAMLACHIE UCW**.

We invite the women of the community to participate.

****The size of the Retreat is restricted, therefore in addition to the Retreat Committee, only 25 seats are available. First come; first served.**

Contact Mary Lou Goodacre 519-899-2007 email: mlgoodacre@gmail.com