

Dear Sister in Spirit,

We are thrilled that you are joining us for our *Sister Spirit Nature Retreat* at Carpenter Nature Center (CNC) in Hastings, MN on *Saturday, June 23, 2018!* The retreat runs from **9am to 4pm at The Flint Hills Lodge**, which is two driveways north of the main CNC entrance.

We will use the Lodge as our homebase, and will be the only visitors in the Lodge for the day. We will, however, be outside as much as we can. Please wear/bring layers of clothing, a raincoat and a change of shoes/boots to adjust to changing weather conditions. Please keep in mind that this is a nature retreat, not a fashion show. 😊 Our time outside will include hiking down to the river and doing some exploration off the trail.

The day will be filled with all the magic that nature and our combined talents can offer! We want you to explore, play, connect, listen, share, learn and grow right along with us. Please bring a journal. We will be traveling this spiritual journey together, and creating a felt sense of safety, compassion and support that will enable us to step outside of our comfort zones.

We will step outside our comfort zones to be truly authentic with you, and in this process make ourselves vulnerable. We ask that you respect and appreciate this, and invite you to get on the path with us. We share two quotes from Brene Brown, PhD, LMSW, esteemed researcher at the University of Houston in the fields of courage, vulnerability, shame and empathy.

“Vulnerability is the birthplace of love, belonging, joy, courage, empathy, and creativity. It is the source of hope, empathy, accountability, and authenticity. If we want greater clarity in our purpose or deeper and more meaningful spiritual lives, vulnerability is the path.” (p. 34 *Daring Greatly*)

“Daring greatly means finding our own path and respecting what that search looks like for other folks.” (p. 231 *Daring Greatly*)

Honesty, discretion, respect and support are key to making this retreat a success!

You are encouraged to think and *feel* about what elements are critical for you in your spirituality right now. If you have an item or two that are especially meaningful for you, you may want to bring/wear them, especially during Ceremonies. You are also welcome to bring a vehicle for sacred sound: your voice, a musical instrument, singing bowl, drum, rattle, bell, chime, etc.

Know that there is no judgement here. Also know that religion and spirituality may be one, or may be entirely unrelated. We will meet each of us where we are on our paths, and journey forward together, respecting where we each are individually.

Tentative Agenda:

- There will be time to share with each practice.
- You are encouraged to journal throughout, as you feel called.

8:30-9:00am	Arrival, Check In, Tea (Herbal & caffeinated varieties provided.) Please bring an insulated mug to reduce waste.
9:00-9:20am	Welcome, Introductions & Intentions
9:20-10:20	Yoga Practice (outdoors, if weather permits)
10:20-10:35	Break & Snacks
10:35-11:35	Mindfulness Practices (outdoors, if weather permits)
11:35-12:15	Elements of Creating Meaningful Ceremony
12:15-1:45	Lunch & Ceremony "Homework"
1:45-2:45	Ceremony of Release (at St. Croix River)
2:45-3:00	Break
3:00-4:00	Ceremony of Sacred Sound (outdoors, if weather permits)
4:00	Farewell. Until we meet again!

What to Bring:

- Layers of clothing
- Change of shoes/boots
- Water Bottle
- Thermal Mug
- Lunch or \$10 cash
- Spiritual/Ceremonial items
- Journal
- Sacred Sound items
- Attitude of exploration, introspection and cooperation
- Yoga Mat (if you have one) *Some mats will be available.*