



**Dates:** Friday–Sunday, February 5-7

**Location:** Mt. Adams Lodge at the Flying L Ranch  
in Washington's Cascade Range  
[www.mt-adams.com](http://www.mt-adams.com)

**Cost:** \$495 includes retreat and program facilitation,  
organic food, restful and cozy lodging\*, and  
artmaking supplies.

*\*Note: Rooms are shared with one or two other women. Some private  
rooms are available at an additional fee.*

## Living with HeART: Engaging Creativity and Contribution ~ A Winter Retreat for Women

Winter draws us inward to remember our deepest sources of creativity and renewal. Remembering takes time, stillness, and preparation—gifts we seldom give to ourselves in the midst of busy lives. But these gifts can provide awareness and appreciation of our own hidden treasures, inspiring us to action on behalf of what's truly important to us.

Join us for this delicious and powerful retreat where you'll find a ready-made, nurturing, creative container in which to find the heart of your inspiration and contribution. In a safe, supportive circle of like-minded and spirited women, you will discover treasures that may have been hiding and enjoy having them lovingly reflected and affirmed.

Together we will explore the winter season through meditation, contemplation, artmaking, and time in nature. We will slow down, rest, and get quiet in order to reconnect to soul and purpose as we share and listen deeply with each other. You'll leave with:

- Clarity about your own inherent talents and gifts and your contribution as a leader and healer
- A new sense of openness and possibility
- Deeper intimacy with the natural world
- New relationships worth sustaining
- A powerful experience of rest, renewal, and sanctuary
- Practices for sustaining energy, presence and self-awareness in daily life

### CO-CREATED AND FACILITATED BY:



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For more information and to register,  
see [www.oregonmysteryschool.com/living\\_with\\_heart.html](http://www.oregonmysteryschool.com/living_with_heart.html)  
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