

# Celebrating Sophia:

## A Retreat for Women

**Take time out:**

To restore,  
rediscover &  
awaken the  
wisdom of your  
true self!

**March 15<sup>th</sup> -17<sup>th</sup>  
2019**

**What:** A weekend of comfort, camaraderie and private time, designed to inspire mindfulness and evoke playful spirits, as we encounter the divine feminine within.



How: Thought provoking journal writing, art activities, storytelling, meditations and sharing. Large and small groups, partnered and individual formats, indoors and out.



All supplies will be provided with the exception of a bound 8 x 11 journal and your preferred writing tools.



**Where:** At the historic Kenyon Ranch outside Tubac, Arizona, set in a valley surrounded with mountains and offering comfortable housing, a pool, art studio, six meals and 360 degree vistas.



**Who:** Highly experienced facilitators; retreat leaders from across the country; women who know how to create a safe space in which to grow.



**Gail Frank:** Founder of the writing institute *Creative Journeys* and creator of writing workshops in Oregon, Arizona and Michigan. A former columnist who wrote about the joys of small town life on the Oregon Coast and now living forty miles from the Mexican border. Gail writes insightful, humane stories about migration. She is a journalist, an artist and an activist who lives life inspired by the power of the human spirit.



(A guest room @ Kenyon Ranch: bring clothing that can be layered. Temps can vary fifty degrees between dawn and noon in the desert.)



**Rebecca McElfresh:** Artist, researcher and educator. Rebecca is published in professional

journals and edited collections. Her interests focus on art as a conduit to personal and social transformation. She has taught at all levels, and holds a Ph.D in curriculum studies. Her present work includes an advocacy group for LGBT and participating with the local food bank. She is one of the local directors of Common Ground, a national art and social justice conference.



**Carol St. John:** Author of *Taproots*, *Anchors of the Soul* and *Such a Nice Girl*. a columnist, prolific artist and educator. She created *The Learning Umbrella* for Cape Ann ,

MA, and has led groups for the past thirty years in New York, New England and Arizona. Carol believes in the importance of play and dreaming and that all human beings are endowed with a creative spirit that too often goes untapped.

## Registration information:

Full Name:

Home Address(s):

Phone Contacts (Cell and home):

Email:

List special needs (food, wheelchair accessibility, transportation, etc.):

**Registration by January 1<sup>st</sup> - \$425.00**

**After January 1st - \$450.00**

**Registration includes room and board.**

**Pay by check, credit card or cash**

**To pay by credit, call Rebecca McElfresh @ 440-376-6651**

**Checks payable to the Good Shepherd with Women's Retreat notated.**

**Mail form and payment to Rebecca McElfresh**, c/o the Good Shepherd: 17750 S. La Canada Dr., Sahuarita, AZ 85629

Sleeping, eating and your continuous attendance at the ranch are necessary for the total community building experience. Dietary needs will be honored as much as possible. (Vegan, Gluten-free and vegetarian meals will be available for a small extra cost.)

Further details upon request.

