

A Workshop with Annie O'Shaughnessy

Reconnecting with Our Wild Souls



October 21-24, 2010



The Leaven Center Lodge

Participants will stay at the Leaven Center Lodge near Lyons, Michigan, 45 minutes northwest of Lansing. The ground floor is barrier-free. The 25-acre property has meditative paths that wind through meadows and alongside the Grand River. There is a spring-fed stream, a pond, and 1,000 feet of river frontage.

The Leaven Center is administered by Leaven, a non-profit organization committed to nurturing the relationship between spirituality and social justice. The Leaven Center welcomes people of all genders, races, ethnicities, abilities, sexual orientations, and faith traditions.

For additional information or to register online, visit www.leaven.org. You may also e-mail us at leavencenter@leaven.org, or call at 989/855-2606.

LEAVEN

P.O. Box 97
Lyons, MI 48851
989/855-2606

leavencenter@leaven.org
www.leaven.org

You can now
register online with
a Visa, MasterCard,
or Discover at
www.leaven.org

Checks should be made to Leaven
and mailed with this form to:

Leaven, P.O. Box 97, Lyons, MI 48851

For additional information,
see the website at
<http://www.leaven.org>,
e-mail leavencenter@leaven.org,
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Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: (home) _____ (work) _____ (e-mail) _____

Roommate request _____

Amount of deposit enclosed: \$ _____ (Deposit will be refunded only if you notify us at least 14 days in advance of the event. For Canadian checks, indicate "U.S. FUNDS.")



Will you need a barrier free room? _____ Do you need alternate formats? _____

Do you have any dietary needs? _____

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Reconnecting with Our Wild Souls

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To nurture a soulful, creative life we need to reconnect tenderly with our wild soul. We need to create a loving, open, nonjudgmental space for our tender parts to gain footing and courage. We need to create a clear path for Spirit to flow through our lives.

This weekend workshop is for men and women who:

- ▶ Want to remember who they were before they became so skilled at doing what everyone expected.
- ▶ Want to feel what it's like to be truly seen and heard.
- ▶ Want to get in touch with playfulness, truthfulness and tenderness.
- ▶ Are ready to live a more full and soulful life.
- ▶ Want to spend time with open-hearted, kindred souls.

Requirements are few:

- ▶ The desire to rest the mind and allow the soul to speak.
- ▶ The willingness to share in writing privately to yourself or with others. (No one will be forced to share with the group. Silent participants who choose to witness quietly are just as essential as those who will share all!).
- ▶ A desire to relax into our unfolding.
- ▶ A respect for Love, Soul and Spirit.
- ▶ A commitment to honesty and growth.
- ▶ A love of beauty and nature.

What we will do together: Reflection and Expression (written and oral), Movement, Stretching, Energy Flow, Story Telling, Affirmation, Declaration, Gratitude, Creation, Sharing, Ritual, Quiet

This event is gender inclusive.

Leader: Annie O'Shaughnessy

Time: Thursday, 7:00 p.m.-Sunday, 1:00 p.m. (includes lunch)

Cost: \$275 (partial scholarships are available)

ABOUT THE WORKSHOP LEADER



Annie O'Shaughnessy is a writer, workshop leader and founder of Soul Flares (www.soulflares.org), a nonprofit organization dedicated to providing the resources and inspiration needed to live a purposeful and soulful life in harmony with nature and all beings.

“I would be honored if you would join me and other kindred souls for a weekend of rest, healing, support and inspiration.”