

Liberate the Love Within You

Dancing with the Darkness, Stepping into the Light



January 7th to January 9th, 2011

Before November 1st:

\$250~ Program and meals, no accommodation

\$300~ Program, meals, and simple accommodation

After November 1st:

\$300~ Program and meals, no accommodation

\$350~ Program, meals, and simple accommodation

Retreat Schedule

Arrive between 4:30-5:30 pm

Friday: Setting Intention

Light Dinner at 5:30 pm

Invoking Risk through Ritual and Dance

Saturday: Facing the Shadow

Through yoga, dance, art process, solitude and interaction with the natural world, we will engage the inner landscape of darkness, held by the ever-present Love that lives within us.

Sunday: Receiving the Light

Through dance, ritual, poetry recitation and creative writing, we will step into our birthright of living in the light.

Retreat ends at 2:00 pm

Space is limited to twenty participants. Registration is on a first come, first serve basis.

You will be registered once the registration form, and payment in full, is received.

You will then receive a retreat packet with details about the retreat and accommodations.

If you have any questions, please contact Jenny Finn at
(719) 291-3120 or jenny@somamovement.org.

Jenny Finn is a licensed social worker, embodiment educator and owner of Soma, offering transformative experiences through creative expression and embodied practice. Jenny has worked in the area of creativity and healing for nearly fifteen years. This spring Jenny traveled around the world with Semester at Sea, where she taught undergraduate students the value and practice of self inquiry through creative expression. With attendance at her classes numbering over one hundred students, it became very clear to Jenny that undergraduate students want and need creative opportunities for self development in their educational process. She is now pursuing her PhD in Sustainability Education at Prescott College to explore the issue of sustainability through the lens of internal development, creative expression and bodily connection. Jenny lives with her husband and two children on an urban farm in Colorado Springs. This workshop will be held in partnership with, Jenny Glick, LMFT; Jessica Patterson, Jivamukti Yoga Instructor; and organic, home-cooked meals by Michele Mukatis.