

Coming Home to Ourselves:

A Day-Long Women's Retreat in Yellow Springs, Ohio



*When a woman begins to be aware of the divine spark within,
she will soon be faced with a decision whether to honor and trust it...
She is so accustomed to looking outside herself for authority that
realizing the truth of who she is deep within is radical and shattering.
It changes everything. Wendyln Alter*

This day is an opportunity to stop, reconnect with our essential selves, and contact that source of wisdom and fulfillment that enriches every moment of our experience. It will be a day of befriending our bodies, listening to what comes from deep within, and creating a bridge into the experience of the Greater Presence, of Spirit. Meditative processes, body and breath exercises, writing, simple art process, sounding/singing, and meditative movement will be used to guide us on our journey. Come join a group of like-minded women committed to a day of self-reflection, self-nourishment, and self-discovery.

Theresa Horan-Sapunar, longtime retreat facilitator, spiritual mentor, psychotherapist and co-founder of the Center for Personal and Spiritual Growth in Cincinnati, Ohio, has been creating and leading retreats for enhanced well-being, creativity, and spiritual development for over 35 years. She utilizes a unique blend of meditative practices, body and breath exercises, expressive arts and movement, and a spiritual perspective to assist people on their spiritual journey.

Saturday, October 3, 2015 10AM-5PM

Yellow Springs OH

\$70 (early bird, if register by September 20)

Space is limited. Please register early.

www.cpsgonline.com

To register, please detach, enclose your check (payable to Theresa Sapunar), and mail to:
Theresa Sapunar 203 Whitehall Dr. Yellow Springs OH 45387

For more information, call Theresa at **937-767-8897** or e-mail to **theresa@cpsgonline.com**

COST: \$70, if postmarked by Sept 20 \$80, after Sept 20

Name _____ Phone _____

Email address (please print clearly) _____