



# Coming Together in Spirit & Song: A Women's Spring Singing Retreat

8th Annual  
Yellow Springs OH

Saturday March 18, 2017 10 AM-4PM  
Yellow Springs, Ohio \$70

Women are invited to a day-long immersion into discovering, exploring, and enjoying our voices. No matter what your relationship with your voice is, you are welcome here. The day will be a safe, supportive space for women of all ages and experience levels to come together to breathe, sound, and sing. Enjoy a day of:

- learning simple songs, chants, and rounds
- opening to your own voice as a tool for healing (self and other)
- nourishing your spirit
- opening your heart and connecting with Soul
- meditative vocal, toning, and breath processes designed to free the voice

*No singing experience or ability to read music is necessary.  
Everyone can make sound, everyone can sing. All are welcome.*



**Theresa Horan-Sapunar**, long-time retreat facilitator, spiritual mentor, psychotherapist, and founder of the Center for Personal and Spiritual Growth in Cincinnati and Yellow Springs has been deeply involved with singing and sounding as a path of self-healing, creative expression, and spiritual development for over 30 years. She is the founder of Threshold Singers of Yellow Springs and Cincinnati.

**[www.cpsgonline.com](http://www.cpsgonline.com)**

*Something happens when we chant and sing together, when we choose to give our voices, our energy, and our hearts to a common song and to each other.*

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**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 **404-229-1812** or e-mail to **theresa@cpsgonline.com**

**COST: \$70**, if postmarked by March 10 **\$80**, after March 10

**Deposit required: \$25** (nonrefundable but transferrable to another women's retreat) Feel free to pay in full when registering.

Name \_\_\_\_\_ Phone \_\_\_\_\_

Email address (please print clearly) \_\_\_\_\_

**Space is limited...please register early**