



Why a Retreat?

“A retreat is a radical leap into self-love. You retreat because you are yearning for something. That something may be ineffable, impossible to name, a whisper tickling your imagination. It might be a desire to know your true self, to be at peace, to find an answer, to bask in self-kindness. It might feel like a desire to touch something you can’t quite name, a yearning to be held by something larger than yourself. No matter how half formed any reason for retreating can seem, each has a spiritual core.”

Jennifer Louden

On this retreat we will use a variety of processes that connect us with our spiritual nature and open us to the unique lessons of the redwoods. Such offerings include meditation, writing, body/breath processes, chanting, circle time, and ample alone time.



Theresa Horan-Sapunar, teacher, retreat facilitator, psychotherapist and spiritual mentor, has been creating unique women’s retreats for enhanced well-being, creativity, and spiritual deepening since 1977.

“The coastal redwoods are the tallest of all living things, many reaching heights of over 350’ (taller than a football field is long) and are near-relatives of redwoods present on earth at the same time as the dinosaur.”

Group size is limited to 10.

Enroll early to assure your space.

Participants are responsible for travel to and from SFO.
Call Theresa about discounted airfares.

Women’s Retreat in the California Redwoods

Connecting with Soul Renewing the Spirit

June 13-22, 2015

with Theresa Horan-Sapunar

10 Days in Ancient Forests

of the remote

Northern California Coastal Region

I want to let you know about a rare opportunity that I am offering next summer, in hopes that it may resonate with you. It is a 9 night/10 day retreat for women in the awe-inspiring redwoods of the Northern California coast, including four nights of camping in a private old-growth forest as the heart of the retreat. Before and after we will stay in lovely retreat homes (Mendocino and Trinidad), both of which have hot tubs and both are on bluffs overlooking the ocean, with spectacular views.

I have done many private retreats in the redwoods for over 30 years, as well as leading groups of women on these transformational journeys in cathedral-like forests. We remove ourselves from everyday life, away from endless responsibilities. We turn inward for self-reflection, replenishing our spirits, recontacting the meaning and purpose of our lives, connecting deeply with the core of our being, and sensing viscerally our connection to the Whole. The redwoods provide an atmosphere for deep internal healing and growth. All the ingredients are there: stunning and beautiful wilderness, deep silence, and a forest eco-system that has more biomass per square foot than ANY other area on earth, and that includes the Amazonian rain forests.



For more information, call or email Theresa at:

937-767-8897

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send your deposit to Theresa at**

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Journeying to the California Redwoods holds a special and sacred significance for me. During my 20 years of living in Redwood Country (Sonoma County), I developed a powerful connection and deep appreciation for these coastal giants. I have spent many weeks camping in the awe-inspiring vastness of the old-growth forests of Northern California, and I always feel as if I am sleeping, eating, and hiking in a sanctuary. The heart of this retreat is spent camping in an old-growth forest in Humboldt County, but no camping-phobes should be discouraged. Before and after the camping, we will stay in retreat homes together, initially to prepare, and then to close and integrate before departing.

Leading this retreat is truly a highlight of my work. I have led a number of women’s retreats to the Redwoods over the past years and each one has been transformational and deeply nourishing for the participants. Spending an extended period of time in the majesty of the natural world helps us to recover realms of our inner lives that are lost to us in the hectic pace of modern life. In the quiet serenity of nature, our souls are nurtured and our spirits are rekindled.



Itinerary

Day 1-2: Retreat house in Mendocino, 3 hrs. north of San Francisco

Preparing: settling into ourselves, our intention on this inward journey. We will be deepening our intention and commitment, focusing on our own unique needs and longings, yet remaining open to the unknowable. “Why am I on retreat?”

Day 3,4,5,6: Primitive (yet comfortable) camping in old growth redwoods, Humboldt County

We will be eating, sleeping, dreaming, hiking, meditating, chanting, journalling, sharing sacred space with a collective of co-journeymers, opening to the source, to Spirit, to the wisdom of the redwoods.

Day 7-8: Retreat house in area of National Redwood Park, even further north

Exploring the National Park, integrating and processing what we have experienced so far

Day 9: House close to SFO

This last evening we’ll celebrate and prepare to return to everyday life. We’ll explore how to make your return easier and keep the spirit of your retreat alive.

Details

Cost of \$1650 includes:

Accommodations for 9 nights, shared occupancy (except camping, when you will have your own tent)

Meals: Breakfast, 4-5 lunches, 6-7 dinners

Ground transportation to and from SFO

Theresa’s fee and all materials

A deposit of \$200 will hold your space. \$700 is due by March 1, with the remainder due by May 1

Cancellation/Refund Policy: If you must cancel, with 45 days notice, you will receive a full refund, minus \$100 processing fee. No refunds will be given with less than 45 days notice; however, every effort will be made to fill your cancelled reservation with another participant and refund your money, less the processing fee.