



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

7th Annual
Yellow Springs OH

March 19, 2016 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

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.

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 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