



## *Nourishment for Mind, Body & Soul*

*Women's Retreat in Taos, NM, September 16-20th, 2024*

**This retreat will be limited to 6-8 women with a focus on relaxation and restoration. We will adventure into the land and soak in the natural hot springs of northern NM. There will be rituals honoring the earth and ourselves through shamanic drumming, journey and creative expressions such as painting and writing. Solo reflective time will be balanced with group activity and process. There will be opportunity for a Taos massage before or after the retreat dates.**

**Once you register you will receive more detailed information on Taos accommodations, restaurants, and contact info for the massage therapist. Our retreat will begin at 5 pm, Monday, September 16<sup>th</sup> with a light dinner, orientation and shamanic journey at my home in Taos, NM.**

**Cost of the retreat is \$600 (excluding hotels, meals, transportation); send \$100 to register to Catherine Steinberg, 142 N. Madison Rd., Guilford, CT 06437. Balance of \$500 due by May 1<sup>st</sup>. Email [ctcl@comcast.net](mailto:ctcl@comcast.net) or call 203-623-1472. For more information about Catherine, go to [www.catherinensteinberg.com](http://www.catherinensteinberg.com).**

