



Nourishment for Mind, Body & Soul
A Women's Retreat in Taos, NM, September 19th-23rd,
2022

This retreat will be limited to 8-10 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 to participate in a plant medicine ceremony with a local healer or receive a Taos massage before or after the retreat dates.

Once you register you will receive more detailed information on accommodations, restaurants, and contact information for the massage therapist and/or plant medicine leader. Our retreat will begin at 5 pm, Monday, September 19th with a light dinner and orientation, at my home in Taos. Cost of the retreat is \$500 (excluding hotels, meals, transportation); send \$100 to register to Catherine Steinberg, 142 N. Madison Rd., Guilford, CT 06437. Balance due August 1st. For info, email ctcl@comcast.net or call 203-632-1472.