## Nourishment for Mind, Body & Soul Women's Retreat in Taos, NM, September 15-19, 2025



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, journeying and creative expressions such as painting, personal mandala making and writing. Solo reflective time will be balanced with group activity and process.

Once you register you will receive more detailed information on Taos accommodations, restaurants and transportation. Our retreat will begin at 5 pm, Monday, September 15<sup>th</sup> with a light dinner, orientation and shamanic journey at my home in Taos, NM. The retreat will end at my home around noon on Friday, September 19<sup>th</sup>.

Cost of the retreat is \$600 (excluding hotels, meals, transportation). To register, send \$100 check to Catherine Steinberg, 142 N. Madison Rd., Guilford, CT 06437. For more information or to venmo, call 203-623-1472 or email <a href="mailto:ctcl@comcast.net">ctcl@comcast.net</a>. Balance of \$500 due by May 1st.

Catherine Steinberg has been a psychotherapist, shamanic practitioner and artist for many years in Guilford, CT. She has led experiential workshops and retreats in Connecticut and New Mexico since the 1990's. She has also recently published her memoir. For more on Catherine, go to <a href="https://www.catherinensteinberg.com">www.catherinensteinberg.com</a>.