

SHAKE YOUR BEAUTY!

A WEEKEND RETREAT OF SACRED CREATIVE PLAY
HONORING OUR DIVINE FREEDOM

Friday
Evening
July 31st to
Sunday
Afternoon
August 2nd



Primal Essence
© Mara Berendt Friedman

A Healing & Sacred Art Playshop for Women and Girls with Mara Berendt Friedman and Ruthanne Harris Carosio

***Primal Play! Wild Ways!
Fun in the Sun! Together as One!
Want to go a little wild this summer?***

This passionately playful retreat for women and girls (10 and over) takes place on the weekend of Lammas, the holy day between Summer Solstice and Fall Equinox. You are invited to gather with us for a magic experience of fun and creative expression at a peaceful camping retreat center in the lush Oregon forest

Together as a multi-generational tribe of Beauty-full and Powerful women, we will honor the cycles of a woman's life: Maiden, Mother, Queen and Crone.

Each participant will make a Sun Shield honoring the wild warrior woman within. Our shield draws inspiration from the traditions of Aboriginal Dreamtime and Navajo Sandpainting.

Join us at the height of summer and the time of abundant harvest to celebrate OUR fullness and **Shake Our Beauty!**

This weekend of joyful rejuvenation includes...

- **Morning Yoga**
- **Sacred Art Ritual**
- **Healing Processes**
- **Intuitive Mixed Media Painting**
- **Drum and Journey**
- **Fire and Ceremony**
- **Circle Sharing**
- **Song and Dance**
- **Delicious Organic Meals**
- **Nature Walks**
- **Relaxation**

• AbSOULutely no art experience needed!!!!

**Friday Evening 6:00 PM, July 31st
to Sunday Afternoon, August 2nd**

**Cost is a sliding scale of
\$277-\$333 per person.
Mother/Daughter pairs
\$477-\$533**

A few partial work scholarships available-Please inquire

**For registration: 541-687-2835
or 541-942-3203**

or stream@newmoonvisions.com
or rcarosio@comcast.net

Ruthanne and Mara are co-founders of Trinquity Productions and co-creators of "Rainbow Warrior Awaken; A Game of Guidance and Healing", to be released Fall 2009.

Mara Berendt Friedman's paintings honoring the Sacred Feminine have been featured in We'Moon and many other publications. Her company, New Moon Visions, offers art gifts featuring her work throughout the world.

Ruthanne Harris Carosio, is a therapist, teacher and minister in private practice, co-founder of the Radiant Life Center in Eugene and a certified Energy Health Practitioner. For many years she has guided women in living more empowered and joyful lives and finding meaningful spirituality and soul purpose.