

# Nurture *Your Nature*

## 7<sup>th</sup> Annual Women's Empowerment Retreat

### *Celebrate Fall Equinox on Mingus Mountain*

### September 20-22, 2019

**Retreat with us to nurture your nature this year by exploring The Art of Being.** This sounds like it should be the easiest thing there is, yet the factor that distinguishes how this "art" occurs for us seems to be the degree of self-observation that we bring to our lives. Let's consider together what it means to really "get" that I EXIST . . . I AM ... ALIVE, HERE AND NOW . . . and the life transforming implications that such contemplation and celebration may bring.

#### Your Retreat Guides:

Writing Coach and Author  
of *The Woman Awake, Feminine Wisdom in Spiritual Life* and others.

**Regina Sara Ryan**



Physical Therapist & Yoga Therapist

**Cheryl Van Demark**



#### **James 4 H Camp at Mingus Springs**

All Inclusive Retreat Fee \$297

*Secluded sacred space in the tall pines*

*Delicious catered vegetarian meals*

*Heated cabins and bathhouses*

*Morning guided meditation*

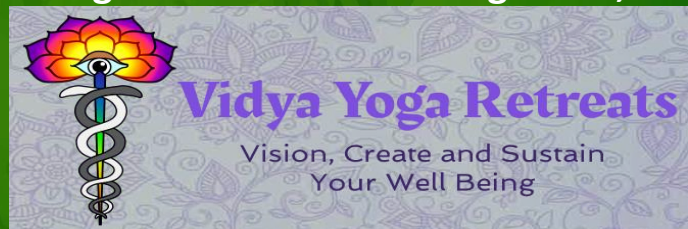
*Gentle Yoga practices*

*Hiking trails or creek-side meandering*

*Fire-light and star-light*

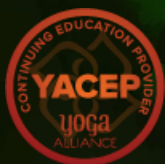
*Abundant free time to BE*

**\*Preregistration Deadline August 15, 2019**



**\*Visit [VidyaYogaRetreats.com](http://VidyaYogaRetreats.com) to register today!**

For more information, contact Cheryl Van Demark  
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## *Play, Relax, Retreat*