



STEWART MINERAL SPRINGS *retreat*

A three day, two night, weekend retreat for caring women desiring to deepen their relationship with their soul in a healing and supportive environment.

As women, we are constantly in the role of nurturing, serving, and caring for others while neglecting to care for ourselves. Whether at work, with aging parents, or within our own families—the pull of the outer world is demanding, leaving us depleted in an ever increasing cycle of stress. For some, self-care has deep seated issues on value and worthiness. It's often a miracle when we find extended time to slow down, nourish ourself and just be.

You are invited to join us, at the springs, for a time to call your own, to walk in nature and to relax in our healing waters. A time to slow down, smell the pine and rich earth scents or sit by our creek and listen to the water. A time to reflect and take back a greater sense of self. With other women, we will provide a nurturing

environment that includes a guided sitting meditation, dyad exercises, and a transformative, healing ceremony. Enjoy our sauna, mineral baths, and massage services during your stay.

Deepen your relationship with self in this beautiful setting. We will provide five healthy, scrumptious meals, specially prepared for your retreat. This rejuvenating weekend includes two-night lodging, unlimited use of our woodburning sauna, one mineral bath, a 30-minute massage and several gatherings with other women. Space is limited to 20 women. Call to reserve your space or fill out the registration form and mail to the address below. (A deposit of \$100 is required with final payment due when you arrive).

— *Namasté, Rowena*

Since 1989, Rowena Pantaleon has assisted clients in releasing stagnant energetic blockages stored in the body. As a bodywork therapist and workshop facilitator, her role-modeling approach paves the way for those seeking self-empowerment and a deeper connection to the soul. During her classes, Rowena works from her intuitive heart, teaching personalized healing techniques to every student. Her "soft touch" approach is gentle yet powerful. Rowena is a long time student of the Diamond Heart Approach, Ridhwan Foundation and practices in the bay area, Hawaii and Chico.



Please visit our web site for cancellation policy and general guidelines while staying at the springs.

Price includes two nights lodging, unlimited sauna use, one mineral bath, 30-minute massage and five meals. Price is based on lodging preference (please note that we have limited private accommodations). *Note: Check-in is after 4 pm on Friday and check-out is by 11 am on Sunday.*

Individual Rates: *Private Cabin:* \$290. *Semi-Private (shared kitchen/bath):* Private Room: \$270, Shared Room: (2 people) \$240/ea., Shared Room (3 people) \$230/ea.

Date: April 13–15, 2012

Name: _____ Phone: _____

Address: _____

email: _____

Dining Preference: Vegetarian Fish Chicken Non-Dairy

Preferred Payment: Check Visa MasterCard Discover

_____ Exp. Date: _____

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