

Olympia UU Congregation and All Souls UU Community (Lacey)
UNITARIAN UNIVERSALIST WOMEN'S RETREAT
March 9 – 11, 2007

“The Symphony of Our Senses”

“Our senses are the pathways by which we understand and interact with our world. Essential to our relationships...they protect us and enable pure enjoyment. Living in accord with your senses increases inner peace and the gradual weaving of sensual awareness in all aspects of your life.” – Nancy Conger, Sensuous Living

This year we have invited selected women of our congregation to share their talents to explore our senses. Come and celebrate the symphony of your senses of sight, sound, touch, taste, and smell with other women in the community of fellowship.

We will be at Camp Seymour – located on beautiful Glen Cove in Southern Puget Sound – just 30 minutes NW of Tacoma.

- Two nights in heated cabins with bathrooms and showers
- Four delicious meals are prepared and served by the camp staff
- Outdoor activities: hiking, archery, boating, a climbing wall
- Indoor activities: yoga, aroma therapy, book discussion, great crafts, games, other workshops, singing and opportunities for solitude and meditation.
- **Common book for all** to read before arriving or while you're at camp: Sensuous Living, by Nancy Conger (A part of the Llewellyn Whole Life Series)

CUT HERE TO MAIL

Name: _____ phone: _____

Address: _____

City/State/Zip: _____

e-mail: _____

Which local UU church (if any) are you affiliated with?

Enclosed:

\$45 deposit (balance due by March 1, 2007)

\$90 for registrations received before January 31, 2007!

\$45 for Saturday only (no overnight stay)

\$100 for registrations received after January 31, 2007

\$_____ scholarship donation

I will need a scholarship (circle one - full half -enclosed is my deposit of \$45)

Planning to drive and want some company? _____yes _____no

Want to be a passenger? _____yes _____no

Desired time of departure _____ Departing from _____

Send in your registration with a deposit of \$40 to guarantee yourself a spot.
Full price if registered by January 31.....\$90
Full price if registered after January 31.....\$100
Saturday only (no overnight).....\$45
A few scholarships are available on a first-come first-served basis.

Contacts: Susan Bakke 360 412 0220 or Mary Ellen Dawson (360) 956-0760

Please make your check payable to “**OUUC**” and write “**2007 Women’s Retreat**” in the memo line. **\$45 deposit due with registration.**

Send registration form and payment to: Susan Bakke, 1214 Skyridge Dr. SE, Lacey WA 98503 Registrations for the full amount may be sent through March 1st. To register after March 1st, call Susan Bakke 360 412 0220 to find out if space is available. If you cancel by March 1, you will receive a refund but a \$10 per-person service charge will be deducted. If you cancel after March 1, a refund (less the \$10) will only be made if someone else takes your place.

What will we do at the retreat?”

Friday 4-7pm ...Check-in and snacks. (Bring your dinner or eat on the way.)

7-8pm...Opening and connecting with old and new friends,

Saturday all day ...Nourishing workshops, crafts, outdoor activities, yoga, snacks, meditating, journaling, and “you” time

Sunday until noon...Breakfast, closing worship service

*Your cabin assignments will be sent to you approximately 7-10 days before the retreat, along with directions, map, packing list, and participant list. Cabin assignments are **not** written in stone and cabin lists will be available. You may change to another cabin as long as you make sure there are extra beds in that cabin.*

Are you interested in (circle either 15 min or 30 min) massage for an ADDITIONAL fee payable at the retreat? Yes No

Special dietary requirements? Yes No

If yes, please list the requirement :

Cabin choices – check any that apply (we’ll do our best!)

- I don’t care where I sleep as long as it’s fun.
- Early to bed and early to rise, fun and quiet works for me!
- Early to bed and early to rise, but, hey, I snore a little sometimes.
- I need a bunk in special ambulatory needs cabin 1 or 12.
- Late nights are OK but shhh, no snorers please.
- Late nights are OK and I may snore a little sometimes.
- I prefer a top bunk
- I need a lower bunk

I’d like to bunk with the friends or traveling companions I have listed below:
