

# THE SACRED PAUSE: LIVING IN UNCERTAIN TIMES

March 15 - 19, 2011

A mid-winter retreat in sunny southern Arizona at Pocket Sanctuary at Kenyon Ranch



Connect with a group of women gathering to seek serenity in the uncertainty of these times  
and discover new ways to wait patiently in this Sacred Pause.

Together we'll explore the art of surrendering to what "is" by becoming

- "Naked" with nothing to hide
- Vulnerable with nothing to defend
- Empty with nothing to lose
- In the unknown with nothing to fear
- Open to what is meant to happen

Facilitators are three Elders: Mary Louise Gould, Holotropic Breathwork Practitioner, Kathleen Ingram, Counselor/Coach, and Eve B. Lee, Shamanic Practitioner, who will guide the gathering in activities including meditation, Holotropic Breathwork, shamanic journeying, reflective round pen work with horses, inspired writing, walking the labyrinth and working with dreams.

To prepare for the retreat and to begin to answer the question: "Where do we go from here?" participants will read *When the Heart Waits* by Sue Monk Kidd.

Cost: \$1600 per person including meals and lodging

Nonrefundable Deposit: \$400 by February 15, 2011

Save 10% for payment in full (\$1440) by 1-31-2011

Save an additional \$100 apiece for each friend you bring!

For more information contact Mary-Louise Gould at [mlgould125@aol.com](mailto:mlgould125@aol.com) or 520-975-6126, or log on to [www.sacredplaceofpossibility.com](http://www.sacredplaceofpossibility.com) and [www.equinemagic.com](http://www.equinemagic.com)