

Registration

A deposit of \$150 (double) or \$200 (single) is due upon registration. \$100 of this is **non-refundable**. After you register, a confirmation will be sent, along with more detailed information including payment time tables, specific directions, and what to bring. **Please register early as this retreat has a participant limit and lodging is assigned on a first-come first-served basis.**

Retreat Logistics

Retreat begins with dinner on Wednesday Nov. 5th and ends by noon on Sunday Nov. 9th.

Participants are responsible for their own transportation to and from the Ghost Ranch in Abiquiu, NM. Flights can be booked into Santa Fe, or Albuquerque, NM. Flights from Indianapolis to Albuquerque run around \$220, with flights into Santa Fe being a little more. Cars rental fees start at \$25/day. Albuquerque is a 2.5 hr drive to the Ghost Ranch; Santa Fe is approximately 1 hr.

A list of other participants will be provided to facilitate ride-sharing.

Abiquiu, NM, elevation 5,978 ft., has a high desert climate, with temps in mid-November ranging from 28 to 55 degrees. When planning your travel, please take extra care with times on each end of the retreat to allow time for your body to adjust to the altitude. More information on what to pack will be provided closer to the retreat.

I've been absolutely terrified every moment of my life - and I've never let it keep me from doing a single thing I wanted to do."
Georgia O'Keeffe

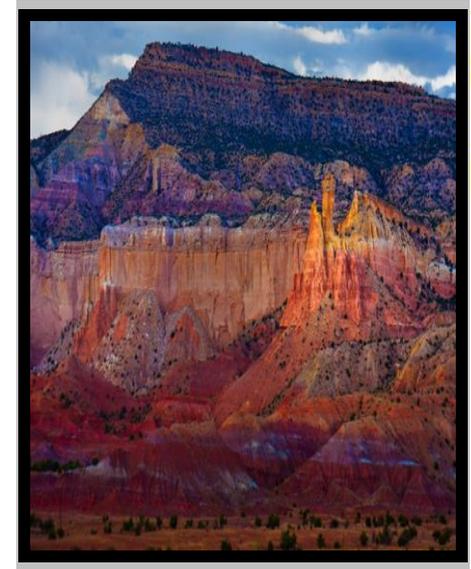
About the Ghost Ranch

It was called "Ranch of the Witches," which naturally evolved into Ghost Ranch. The turn-off was marked by an animal skull... When Georgia O'Keeffe came looking for the Ranch she was told to watch for the skull on a fence post." O'Keeffe first came to the Ghost Ranch in 1940 and eventually settled in a home on the property where she completed many of her well-known paintings. Today the Ghost Ranch is an interfaith education and retreat center.

Women Writing for (a) Change Bloomington

The Bloomington, Indiana school is part of a national network of affiliate writing schools who share a mission to provide opportunities for individuals to craft more conscious lives through the art of writing and the practices of community. WWf(a)C is a place where the individual voice is nurtured, developed and celebrated. We create unique learning environments to make this possible.

For Information and to Register
www.womenwritingbloomington.com



Writing from the Voice of the Awakened Body

A Women Writing for (a) Change®
Retreat
at The Ghost Ranch

Abiquiu, New Mexico
Nov. 5th – Nov. 9th, 2014

Join us for a body-centered writing retreat in the sacred painted desert of Abiquiu, New Mexico.



The Ghost Ranch

This is open to all women, whether you're a new or seasoned writer.

This retreat will include writing circles as well as mindfulness-based body-centered explorations. We'll have opportunities to integrate our somatic discoveries with our writer's voice.

Daily (optional) Yoga will be offered, as well small group writing practice. All physical activities are adaptable for individual fitness levels. We'll leave plenty of space for quiet contemplation, hiking, and personal writing as well.

A Sample Day

Wake up with Option of Yoga
Breakfast
Personal Writing Time
Body-Centered Writing Circle
Lunch
Writing Circle
Free Time for Hike or Rest
Dinner
Writing or Creative Circle



Retreat Facilitators

Stacey Kim, LCSW, is a licensed clinical social worker in private practice. She is a certified facilitator with Writing for a Change Foundation Bloomington and has trained in therapeutic writing and journaling techniques with the Therapeutic Writing Institute in Denver, CO. Her interests include recovery and resilience, shame and addiction in women, and the role of personal narrative in healing.
www.CompassionateLivingNow.com



Allison Distler is a yogi and somatic counselor, and a student of the Rolf Method of Structural Integration. She is a certified facilitator through the Writing for a Change Foundation of Bloomington. She enjoys exploring the narrative of the body-mind, and is curious to discover how language can inform, deform, and reform our body. She's been a student of Hakomi, Body-Mind Centering, Zen Buddhism and loves to dance.
www.theharmonioushome.net



The Ghost Ranch

Cost

Workshop Fee	\$400
Room & Board	\$370 for double \$570 for single
(Includes: room on main level with semi-private bath; 3 meals per day, dinner on arrival day and breakfast day of departure)	
Total Cost	\$770 double \$970 single

Please note, availability of single rooms is limited and lodging will be assigned on a first-come, first-served basis. If you have specific lodging needs, please register early.

*There is a gem in the mountain of
your body, seek that mine.*

*O traveler, if you are in search of
That*

*Don't look outside, look inside
yourself and seek That.*

Rumi.