

Awakening Compassion

another Body & Soul Weekend Retreat for Women



Elaine's Prairie Home – September 23 – 25, 2011

About this Body & Soul Retreat Experience — You are invited to join us for a weekend of renewal in the tiny town of Matfield Green. Here in the arms of the gentle rolling prairie, this retreat offers you an opportunity to discover *the compassion that you are* through the gentle soul-tending practices of SoulCollage®, guided drumming, meditation and energy awareness. Matfield Green is tucked among the beautiful Flint Hills of Kansas along Kansas Scenic Byway Route 177.

NO EXPERIENCE NECESSARY—SOULCOLLAGE® OR DRUMMING

About the Lodging — We have secured accommodations at three local guesthouses with your comfort in mind — Elaine's Prairie Home, Matfield Station and Emily's Cottage. All are within one-quarter mile of the retreat setting at Elaine's Prairie Home. Rooms comfortably accommodate 2 - 3 guests. There are also 2 private rooms available.



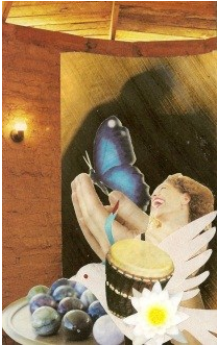
About the Food — Excellent food is a must for this Body & Soul Retreat experience; so . . . to sustain you on your inner journey, we have acquired the services of Antonia Zoutenbier, chef extraordinaire. Antonia will create a delightful harvest soup with ingredients each retreat participant brings. She will also prepare, especially for you, delicious retreat cuisine to nourish you - *body and soul!*

. . . cooking is regarded as an art with tremendous influence on the health and well-being of a community.

— Serving Fire: Food for Thought, Body & Soul by Anne Scott

As with all Body & Soul Retreats, there is time for rest and quiet, fun and laughter!

You SO want to be a part of this Soul-Tending, Body-Nurturing -Nourishing Retreat in the Flint Hills!



September 23-25, 2011

Friday 7:00 p.m. — Sunday Noon

Sacred Time & Space

All SoulCollage® Supplies Included

Your favorite journal and/or drum . . . please feel free to bring them along. Otherwise, they will be provided.

Fee includes lodging, meals and SoulCollage® supplies - \$192

THIS RETREAT IS LIMITED TO 8 PARTICIPANTS!

To secure your spot, please send a \$72.00 deposit by **September 9** to:

ArtEnSoul
c/o Dr. Frankie Hutchinson
Manhattan Family Chiropractic
1014 Poyntz Ave., Ste C
Manhattan, KS 66502

CANCELLATIONS: DEPOSIT IS FULLY REFUNDABLE IF YOUR SPOT IS FILLED.

With your deposit, please let us know:

- if there is someone with whom you plan to share a room
- if you have dietary restrictions and/or if you have any ethnic food dislikes
- if you would like information about scheduling a private Healing Touch session with Mindy during the retreat

ALL PARTICIPANTS WILL RECEIVE A CONFIRMATION AND ANOTHER E-MAIL WITH FURTHER INFORMATION.

*Your truest nature, compassion, is your goal of experience in this lifetime.
Compassion is your birthright. It is compassion that will carry you gracefully
through these times of tremendous change . . . — Gregg Braden*

Hazel Smith Hutchinson, SoulCollage® Facilitator

and

Mindy Graham, Healing Touch Certified Practitioner and Health Rhythms Drumming Facilitator

CONTACT INFO: Melinda Graham: sparrowsong7@yahoo.com Hazel Hutchinson: artensoul@cox.net