

Reinventing Your Life I (for women)

Eight session class

Class size limited to 8 women

Begins Thursday, September 23

When: Thursday evening, 7:00 to 9:00 pm

Sept. 23, 30, Oct. 7, 21, 28, Nov. 4, 11, 18

Location: Luminosity Studio, Concord, MA (directions sent with registration)

Cost: \$210.00 for 8 sessions

***“Tell me, what is it you plan to do
With your one wild and precious life?”***

--Mary Oliver

Women often arrive at a mid-life threshold, sensing that it is time to attend to themselves in a new way. Sometimes unexpected events, both positive and challenging, propel us into a new phase of our life. In the company of other women, we will spend time listening to our dreams, visions and yearnings; allowing them breathing room in our lives. We will play with ways of accessing our intuitive and wise selves and consult these inner muses about new directions. For women who are in transition or who long to open up to whatever may emerge from within.

Feedback from participants:

I wasn't sure what to expect, and I can't explain what happened, but I am in a different place now. I feel so much better about my life.

I LOVED the class—it was so nourishing. I was looking to be fed by my own experience, and I knew I needed more play, more of the things I take pleasure in. It was a chance to remember what's essential.

I felt very connected to the other women in the class, and somehow the play has filtered into my life in a wonderful way.

It felt open and honest. I felt I could say anything, as it would be held respectfully and gently. This class encouraged me to hold all the questions about my “future” more gently; less clenched; less anxiously.

I realized that I don't have to tackle everything all at once—it's ok to just take on a small piece of my life and see where that takes me.

Reinventing Your Life II (for women)

Eight session class

Class size limited to 8 women

Prerequisite: “Reinventing Your Life I”

Begins Wednesday, September 29

When: Wednesday evening, 7:30 to 9:30 pm

Sept. 29, Oct. 6, 13, 20, 27, Nov. 3, 10, 17

Location: Luminosity Studio, Concord, MA (directions sent with registration)

Cost: \$210.00 for 8 sessions

“It is strange to be here.”

--John O’Donohue

This class is for women who have taken “*Reinventing Your Life I*” and want to keep playing and exploring within a group that offers mutual support. We will experiment with going more deeply into various spiritual and creative practices outside of class. An important component of our time together will be checking in with each other; sharing and listening to our stories of being and becoming. Class time will also be spent in activities in the style of “*Reinventing Your Life I*.” This ongoing support group will continue to be offered in the winter and spring.

Note: If you participated in “*Life as Art*” or “*Claiming Your Inner Spark*” and feel drawn to this join this group, please contact me.

Going Within: A Retreat for Women

**Blue Moon Yurt
Tenants Harbor, ME**

**Columbus Day Weekend
Fri. Oct. 8, 3:00 pm, to Mon. Oct. 11, noon**

NOTE: This is the only "Claiming Your Inner Spark" retreat that will be offered this fall. Group size limited to eight women. Come if you can!

Cost: Program: \$400.00, includes lunches and dinners. Some scholarship money available. Space is limited, please register early.

Lodging: B&B booked separately—Pam knows of several lovely inns and b&bs nearby. Columbus Day weekend is a popular weekend to visit Maine, so I urge you to book as soon as you know you are coming on the retreat.

Maine residents: Locals welcome on a nonresidential basis.

What might happen if you gave yourself several days of down time near the ocean in the relaxed company of other women? As a group and on our own, we will explore ways of going within and allowing our innate inner rhythms to recalibrate, seeking what John O'Donohue calls "the gift of the inner wellspring." Our time together will be playful, for it is through play that a sense of flow can emerge. We will listen deeply to each other's stories. I will ply you with delicious food and send you out to enjoy the beautiful fall scenery of the St. George Peninsula. I invite you to join me.

See Claiming Your Inner Spark and Blue Moon Yurt for more information.

SoulCollage[®] classes and workshops (for men and women)

Dates and times for fall workshops and classes currently being scheduled. Check back soon for details.

SoulCollage[®] is an intuitive process of inviting our souls to speak through imagery. We create small collages from found images that give voice to our inner spirit, our gifts, challenges, dreams, personality, hidden longings, and more. The cards become a visual journal of our life stories and a guide to our inner realm. As you build up a deck of cards, you will learn ways of using them that facilitate self-exploration and encourage self-acceptance.