

“What nine months does for the embryo, forty early mornings will do for growing awareness. Rumi



40 days of Self-Love

RECLAIMING THE SACRED FEMININE

Many of us lead hectic lives. We barely stop to honor ourselves. Some of us dislike or mistrust our bodies. What would happen if we treated our bodies as a sacred temple for 40 consecutive days? The simple and profound answer: we would love ourselves much more deeply! Ancient and modern science tells us that if we can do anything for 40 days, we can change negative, self-sabotaging patterns into positive and self-loving ones.

On this *40 Days of Self Love* voyage, we ask you to commit to a daily self-love practice. We will meet three times as a group, for support and sharing in a safe, loving and honoring container. We will explore, learn, grow, and play with:

- ...finding our individual self-love practice
- ...healing our thoughts and the biology of belief
- ...uncovering what gets in our way
- ...creating blessings, ceremony, and sacred containers for self-love
- ...honoring our sensuality – women's bodies and the body myth
- ...bringing the sacred into our daily lives
- ...dancing as sacred movement

GROUP MEETINGS:

Sunday, May 22nd, 10 AM - 4 PM

Wednesday, June 8th, 6 - 9 PM

Wednesday, June 28th, 6 - 9 PM

40-DAY PRACTICE ON YOUR OWN:

May 22nd – June 28th

Retreat Expense - \$150

Bring a journal, art supplies, a blanket and pillow, to sit comfortably on the floor.

FACILITATORS

Shawn Neff assists each person to blossom their inner beauty and personal power. She uses her extensive background in emergency medicine, behavioral and nutritional kinesiology, vibrational medicine, and pilates, to fully integrate the biology, energetics, and spirit of each person. Shawn's private healing practice is in Good Hart at The Sanctuary of the Unified Heart, a space for healing and empowerment of the emerging soul. www.theunifiedheart.com.

Diane Osborne, newly arrived from Northern CA, is an adventurer into the realm of healing and transformation. Her experience in nutrition, energy medicine, counseling, trauma-healing, and ceremony have given Diane the unique capacity to mirror the poetry of our human experience. Diane uses new and ancient spirit-based wisdom to inspire authentic hope, trust, love, and connection with the sacredness among all life on the planet. Private appointments can be made at her web site: www.vibranttraditions.com.



To register or for more information, contact Shawn
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