

Write of Spring



Midlife, Meaning, and Memoir

A One-Day Retreat for Women Open to the Public

Saturday, May 17, 2014, 10 a.m. – 9 p.m. | The Chelsea, 197 Cahill Cross Rd, West Milford, NJ

Sometimes what you most need to know about your life — where you've been, where you're going, what it all means — is right below the surface of your consciousness. Detach from your daily demands for a day, take the plunge, and gather armfuls of perspective about your life. You will:

- Listen to an elder speak of the simple wisdoms that sustained our grandmothers through the ages
- Learn memoir writing techniques to help you sort out your life and unlock your master questions
- Travel inward on waves of sacred sound during a live performance on Tibetan singing bowls

Cost: \$40 gets it all - programming, lunch, dinner and mini-reflexology sessions (as scheduling permits)

How to sign up:

1. Call Stacy Carver at 973-728-6000 to reserve your spot
2. Write a \$40 check made payable to The Chelsea at Bald Eagle and mail to – Attention: Stacy Carver
The Chelsea at Bald Eagle | 197 Cahill Cross Road | West Milford, NJ 07480

Presented by:



Lorraine Ash, MA, is an award-winning journalist and the author of two spiritual memoirs, *Life Touches Life: A Mother's Story of Stillbirth* and *Healing and Self and Soul: On Creating a Meaningful Life*. In her workshops and writing retreats, participants learn to structure their personal stories in compelling ways and see their lives from surprising and useful new angles. Lorraine is editorial director of Cape House Books.



Elle Levenson is a reflexologist and herbalist in private practice in New Jersey. She leads women's circles that draw on the wisdom teachings of Native Americans and our grandmothers from distant shores and cultures. Elle is an elder in the Tree of Life Sanctuary, a.k.a. Turtle Acres, in Pennsylvania.



Jessica Morris is a New Jersey meditation teacher who offers concerts and sound therapy sessions on Tibetan singing bowls to promote a state of relaxed alertness that stimulates creativity and insight. She is founder and director of La Manur: A Center for Personal Growth and Meditation.

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