



Take time to **REJUVENATE** body, mind & soul

Palm Springs, CA

March 9-12, 2017

We're less than a quarter of the way into 2017 and some of us already need a break! If you need a break or simply time to "get yo'self right" join us for a **Rejuvenation Retreat**.

Rejuvenation Retreats provide you with the opportunity to reset your body, mind, and soul. This retreat is for you if you feel like you need to take a deep breath, catch up to yourself, or replenish your reserves.

We facilitate a safe space for you to *lay it all down* and remember who you really are. We also teach you practices, offer ongoing support, and create sistah circles and communities we believe will help you to maintain your center in the midst of life's demands and our ever-changing experiences as women of color.

"Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare." – Audre Lourde

Location:

Los Arboles Hotel
266 Via Altamira
Palm Springs, CA 92262
(760) 459-3605
www.losarboleshotel.com

Reduced rates ranging from \$99
- \$249 available with code:
Sistahs In Silence

Investment:

\$2375.00 (USD)

Includes: All meals, retreat materials, customized Primordial Sound Meditation mantra, 1-1 follow-up session, ongoing monthly meditation circles, and more!

Contact SOUL LIGHT:

EMAIL

admin@soullightinyou.com

PHONE

(803) SOUL-JOY

WEB

<http://www.soullightinyou.com/sistahs-in-silence-retreats.html>

Sistahs In Silence is a series of retreats designed for and by women of color. We intentionally design each retreat to teach meditation and movement as tools of self-awareness, self-care, and self-management. We believe meditation and movement practices create the necessary foundation for deep healing and lasting transformation.

Using a combination of individual and group sessions we will share practices that we believe will help to support your immediate and sustainable rejuvenation.

The continued application of the meditation and movement practices we introduce during the **Rejuvenation Retreat** may lead to:

- Enhanced sleep
- Feeling more deeply connected to spirit
- Greater enthusiasm about life
- Increased physical energy
- Lowered blood pressure
- Reduced stress and anxiety

While the depth of your experience is ultimately up to you, know that we'll be there supporting your journey to sacred lightness every step of the way.

You can expect a dynamic experience each day of the retreat. It is important to us that you know what you can expect. Then we ask you to hold it lightly in that we reserve the responsibility to adjust the schedule as opportunities present themselves.

Sample schedule:

- 6 AM Sunrise meditation
- 7 AM Morning movement
- 9 AM Breakfast
- 10 AM Morning session
- 12 PM Lunch
- 2 PM Afternoon session (I) & Private sessions
- 4 PM Afternoon session (II) & Private sessions
- 6 PM Dinner
- 8 PM Group meditation & Sistah Circles

We promise to facilitate a personal and collective experience that invites healing and transformation for all sistahs in our care.

So come. Come and rest in the company of your sistahs. Come and lay it down.