

A Day of Renewal

Replenish your soul



"It may be that the satisfaction I need depends on my going away, so that when I've gone and come back, I'll find it at home." ... Rumi

We invite all caregivers, nurturers & healers to participate in a day of reconnection and restoration. Please join us to renew, refresh and revitalize yourself. Come to this very beautiful, nurturing & peaceful setting by a lake in the woods. Bask in the beauty & sounds of nature. Experience a relaxing hot tub, infrared sauna, nature walks and a very supportive community. Find your own rhythm as the day unfolds and flow to what you need as you listen to yourself. Most of all, this is a retreat just for you!

During this day of renewal we will be offering healing experiences that nourish, release & restore your vitality that include:

- Meditation & mindfulness practices with Allie Rudolph
- Qigong with Susan Christmas
- Opportunities for experiential healing, contemplation & inner listening
- A special 'tea ceremony'
- Opportunities for contemplation
- Experiential activities to heal and reconnect to ourselves

DATE: Saturday, October 10, 2009

TIME: 8:30 for tea and workshop begins @ 9 am to 4:00pm

PLACE: Bridge Between the Worlds Retreat Center

2395 Paddock Wood Road Keswick, Va. 22947

FEE: Suggested minimum donation is \$125.00, although this retreat is for everyone regardless of your financial situation. A deposit of \$50.00 is necessary to secure your place. Please send checks to: Maggie McIlvaine

P.O. Box 364

Keswick, Va. 22947

(Note: Enrollment limited to 20 participants.)

TO REGISTER: Contact Karen Rockwell at either 434-466-9075 or

HYPERLINK "<mailto:krockwellcmt@yahoo.com>" krockwellcmt@yahoo.com or

Maggie McIlvaine at 434-293-9708 or HYPERLINK

mcilvaine@bridgebetweentheworlds.org

DIRECTIONS:

Coming from Charlottesville: Take 250 East past Pantops. Turn Left on 22 East towards Keswick. Go about 5 miles & at the Cismont Exxon store turn Right to stay on 22 east. Make the first Right onto Route 600/Campbell Road. Go 2.5 miles and turn Left onto Route 686 Paddock Wood Road. Go 1 mile to 2395 Paddock Wood Road. Turn Right at the sign "Bridge Between the Worlds."

FROM 64 (east or west): Take the Shadwell Exit & turn towards Shadwell onto 250 East. Follow the directions above towards Keswick.

CANCELLATION POLICY: with 2 weeks minimum notice, 50% of your deposit will be returned to you. Less than 2 weeks notice, deposit is forfeited.

WHAT TO BRING: Please bring your own healthy lunch (with sincere attention to your favorite foods that support you). We will offer: snacks, teas, water, and a healthy vegetarian soup. Please wear comfortable, loose clothing. Bring a yoga mat; meditation cushion; slippers if desired; journal/pen & a sacred object for the altar. Umbrella if it rains, a blanket, bathing suit and towel

Margaretta McIlvaine

Margaretta is an intuitive healer and clairvoyant who assists one to connect with all aspects of their multidimensional selves so that life can be lived and experienced from a larger perspective and a higher frequency. She has learned how to access wisdom directly from the higher planes. Her approach to transformational work combines her formal training at the Barbara Brennan School of Healing, The Virginia School of Massage, studies in acupressure, shiatsu, guided imagery, numerous Buddhist retreats, and all levels of Reiki training with her own unique experiences of self-healing and self-transcendence. She is also certified to teach Integral Hatha Yoga. Her love and appreciation of nature inspired her to create Bridge Between The Worlds, a healing retreat center whose mission is to assist others to reconnect with the essence of spirit and intelligence in nature and to recognize the healing power of the elements in the natural world.

Karen Rockwell

Karen combines her occupational therapy skills with her massage therapy skills to provide a healing touch to assist individuals with their journey to wellness. Karen's extensive experience in adult physical disabilities/rehabilitation compliments her private practice where she integrates traditional medical knowledge with a variety of therapeutic & bodywork techniques. She is currently working at UVA-Healthsouth Rehabilitation Hospital on the multi-trauma/orthopedics unit. Karen has a BS in occupational therapy from Boston University. She is a graduate of the Virginia School of Massage & is LaStone Therapy trained.

Other studies include myofascial release; polarity and cranio-sacral therapy.

Susan Christmas

Susan centers and grounds herself through the practice of t'ai chi and qigong, which she continues to study after 25 years. She has deepening appreciation of the interplay between energy and emotions and how qigong techniques can bring both into balance. As a certified Healing Tao instructor, her focus is on creating a safe environment in which individuals can explore their inner landscape, attune their subtle energies, and align with the natural elements. Susan brings compassion and a sense of play in her teachings.

Allie Rudolph

LCSW served on the faculty of UVA Medical Center for over 25 years. There, she provided clinical teaching and direct patient care in the Dept. of Family Medicine. She was the co-founder and served as both co-director and director of the UVA Mindfulness Center and the MBSR Program for over 10 years. Allie has studied and practiced mindfulness meditation for more than 25 years and applies principles of mindfulness in her teaching, consulting and psychotherapy practice, specializing in work with individuals and families facing health crises and end of life issues. She completed the Community Dharma Leadership Program (CDL3) at Spirit Rock and currently teaches mindfulness classes and is involved in several meditation based research projects.