



Women's Self-Renewal Saturday

Rekindling Your Creative Spirit

“Don't postpone joy until you have learned all of your lessons.
Joy is your lesson.” -- Alan Cohen

All work and no play...does *not* lead to optimal health and well-being! So we come together not only to have FUN, but also to nurture within ourselves the sense of joy, peace and inner harmony we wish to see in the world around us...to, as Gandhi said, “become the change we seek.” ~~~ We'll begin with warm-up processes to gently stretch our bodies, voices, imagination and awareness. Then we'll *play* – some just plain silly stuff, some more focused. We are all creative beings – you don't have to “be good at” anything in order to enjoy and deeply benefit from this day's activities. There will be group and solo activities, balanced with guided meditations and quiet integration time, all intended to gently expand the boundaries of who you think you are, and open to who you *truly* are! Together we'll discover or rekindle the creative Power (and the *joy!*) that exists in the Now moment. You'll leave relaxed, recharged, inspired, with a smile in your heart. Not bad for a day of *play!* (*Left brain need more specifics? Call Lana!*)

When:	Saturday, February 27th, 9:30am – 5:00pm.
Where:	The Healing Sanctuary – 85098 Chezem Rd. (15 min. from downtown Eugene)
How much:	\$75.00 (A few partial scholarships are available.)
Lunch:	Vegetarian soup & munchies will be provided. Please bring a potluck dish to share.

Group size limited to 16. To register, call Lana @ 541- 683-1409, or e-mail lane_lindstrom@hotmail.com. Mail your check (payable to Nancy Hopps) to: Lana Lindstrom, P.O. Box 5506, Eugene, 97405

NANCY HOPPS is an inspiring speaker, teacher and consultant in the areas of mind-body-spirit healing, creativity and stress-management. Over the past three decades, she has been involved in research projects funded by the National Institutes of Health and Mental Health, has taught through the U of O, LCC, ORI, and presented for countless organizations, corporate, civic and private. Nancy's award-winning **Relax Into Healing** series and other best-selling audio recordings have been enthusiastically endorsed by leaders in the field of body/mind healing, including Dr. Bernie Siegel, Dr. Joan Borysenko, Alan Cohen and Jack Canfield.

Also an accomplished actress and singer, Nancy combines her experience in the performing arts and healing arts to create enjoyable and highly effective workshops and other live presentations.

For more information about Nancy and her work, please visit www.RelaxIntoHealing.com.