

# Fully Embodied Woman

*Remembering Women's Lives and Bodies as Sacred*

Hello Dear Women Friends,

For the first time in many years I will be offering the 3-day Fully Embodied Woman retreat in Colorado.

The dates are January 30 - February 1, 2009 at Sunrise Ranch in Loveland, CO. I am thrilled to be offering this women's gathering at the season of Candlemas -- the time to reach down into the depths of the mystery of our becoming and re-choose LIFE anew.

Please consider joining me and save the dates -- or even better, register now to receive the deepest discounts. If you're new to this event, please see the "Call" below and know that it is a deeply connecting, healing, restorative, sacred and wildly good time! It is a powerful way to mark life transitions and to celebrate and renew connection with yourself as as an embodied, divine, multi-dimensional woman. Come with friends and connect deeply with new sisters.

Alison Rothman-Davis is organizing this retreat and will bring her skills in movement and dance to our circle. As we are co-convening this circle, we share a vision that it will be a multi-generational circle of women spanning the wisdom from youth to elders.

Sunrise Ranch is located in the beautiful red mesa foothills of the front range of the Colorado Rockies. The cost for lodging includes 3 delicious organic meals each day and beautiful accommodations.

Please see the beautifully redesigned web site, [www.fullyembodiedwoman.com](http://www.fullyembodiedwoman.com), for more details and to register.

## **SUNRISE RANCH CONFERENCE AND RETREAT CENTER**

Room Rates: Includes room + 3 wonderful organic meals per day  
*(Friday Dinner; Saturday Breakfast, Lunch & Dinner; Sunday Breakfast & Lunch)*

SINGLE	\$118 x 2 = \$236
DOUBLE	96 x 2 = 192
TRIPLE	85 x 2 = 170
DORM	79 x 2 = 158
COMMUTER	54 x 2 = 108
CAMPER	62 x 2 = 124

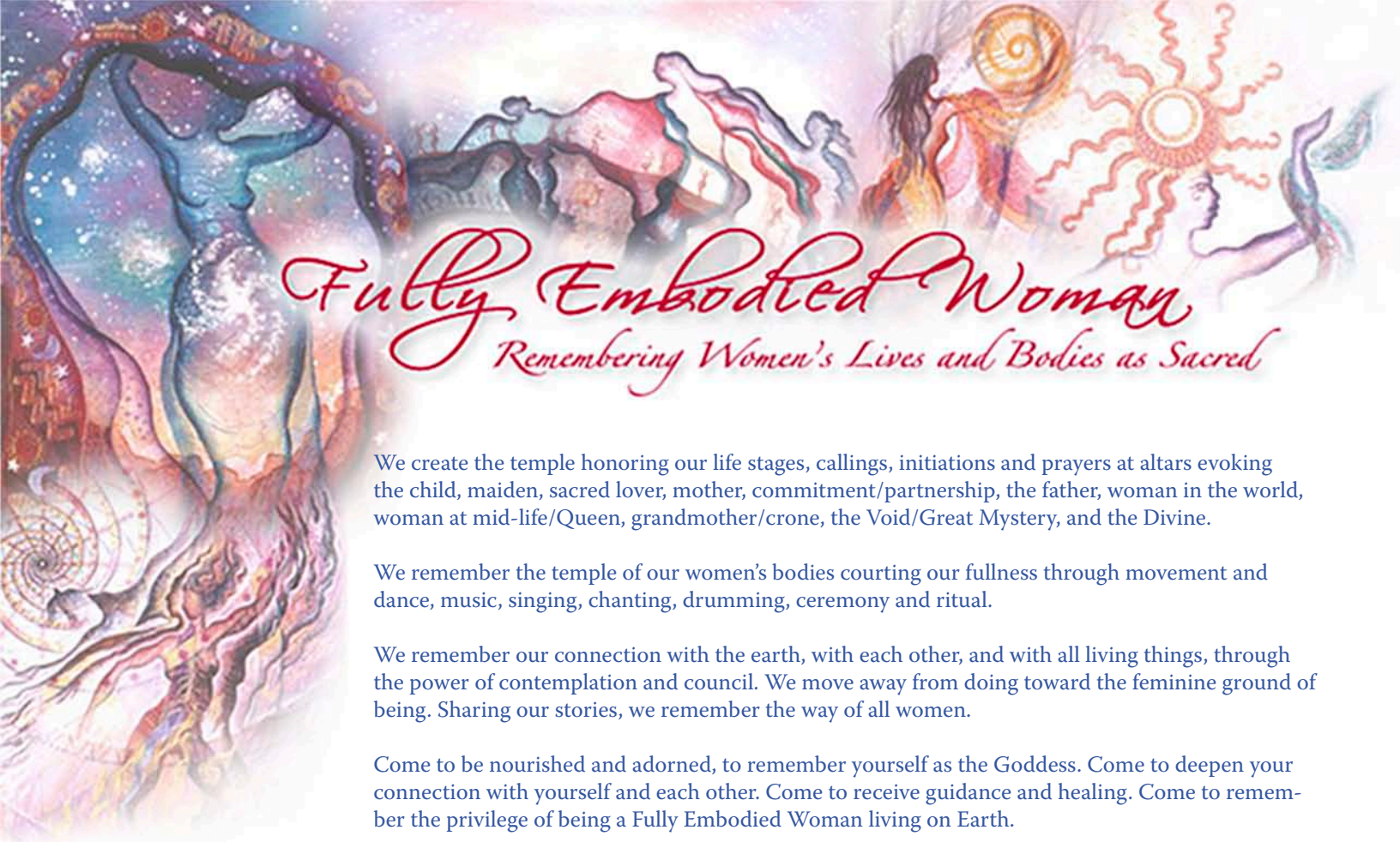
## **TUITION:**

Early Registration: **\$200** if registered and deposit paid by November 15.  
Regular Registration: **\$225** if registered and deposit paid by December 15.  
Late Registration: **\$245** after December 15.

## **THE CALL, THE INVITATION...**

This is an invitation for women to retreat together to heal, to vision, to become empty, to be given the next steps, to dance and rejoice, to mourn, to play in the inner ritual theatre of our lives and to be in a circle of women.

Come to be  
nourished and  
adorned, to  
remember yourself  
as the Goddess.  
Come to deepen  
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with yourself and  
each other.



# *Fully Embodied Woman*

## *Remembering Women's Lives and Bodies as Sacred*

We create the temple honoring our life stages, callings, initiations and prayers at altars evoking the child, maiden, sacred lover, mother, commitment/partnership, the father, woman in the world, woman at mid-life/Queen, grandmother/crone, the Void/Great Mystery, and the Divine.

We remember the temple of our women's bodies courting our fullness through movement and dance, music, singing, chanting, drumming, ceremony and ritual.

We remember our connection with the earth, with each other, and with all living things, through the power of contemplation and council. We move away from doing toward the feminine ground of being. Sharing our stories, we remember the way of all women.

Come to be nourished and adorned, to remember yourself as the Goddess. Come to deepen your connection with yourself and each other. Come to receive guidance and healing. Come to remember the privilege of being a Fully Embodied Woman living on Earth.

You, your sisters, your friends are invited to join this circle!

### **WHAT YOU CAN EXPECT...**

- \* Deepening your connection with yourself and other women.
- \* Being nourished and enlivened.
- \* Celebrating the gift of a woman's body.
- \* Sharing in the creation of a beautiful temple constructed with altars evoking women's life passages.
- \* Deep councils weaving the stories of women into wisdom.
- \* Movement, dance, music, play, and ceremony.
- \* Practices to cultivate embodiment and contemplation.
- \* Silent, restorative time in nature.
- \* Opening to life, love, wisdom and eros in all of her many forms and stages.

Sincerely,

Amina L. A. Knowlan, M.S.  
FOUNDER & DIRECTOR  
MATRIX LEADERSHIP INSTITUTE  
303-818-1773

Come to receive  
guidance  
and healing.  
Come to  
remember the  
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a Fully Embodied  
Woman living  
on Earth.