

JOIN US FOR

Winter Events

2024-2025

29 DEC

INSPIRING
ACTIONS

SUN 1:30-5 PM

SWEET SURRENDER MINI RETREAT

\$97 Come PAUSE, REST, REFLECT, and OPEN to 2025. This mini retreat will use meditation, Open Floor movement, art, and journaling to honor the change of the year.

- Workbook, hot tea + canapés

14 JAN-
11 FEB

INNOVATION
CENTER

TUES 6-7:30 PM

IN-PERSON INNER WELL, OUTER WORD SPONTANEOUS WRITING GROUP!

\$150 A group of engaging, supportive, non-writers and writers. Directed prompts and writing exercises. A sense of connection and support. Creatively engaging with your inner world, meeting yourself. Novelty and fun!

24-26
JAN

THE
CHRISTINE
CENTER

FRI 5PM- SUN 1PM

PAUSE: A MIDWINTER RETREAT

\$438+ Come gather with other like-minded souls during the depths of midwinter- a time of potent pause – to take a break from your everyday routine- to listen to your body- to tap into currents of inspiration- to resource yourself.

- All-Inclusive: 5 buffet meals, 5 movement sessions w/Teresa Reid & Cori Hildebrandt, sauna, lodging



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DETAILS + REGISTER!



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