



Women&MenFriends

# SOULTIME RETREAT

*a weekend celebration of our inherent creativity*

March 4 - 6, 2016

Cascadia House  
Roberts Creek, BC

**Rumi said “Out beyond all ideas of wrongdoing and rightdoing, there is a field. I’ll meet you there.” Come play with friends in the field of creativity!**

It is our nature to be free and to express our freedom through creativity and play. At this drug-and-alcohol-free weekend retreat, we will gather together to create soulful and inspired experiences that encourage us to dive deeply, individually and collectively, to access and share our wisdom through the gifts of dance, song, music, art and play. Together we’ll decide the shape of the weekend and co-create the schedule of events, so bring along your favourite creative ideas.

*Your hosts Dave, Sue, Brian & Shasta have been co-facilitating creativity retreats since 2003, lovingly and joyfully holding space for everyone to share their gifts. They look forward to playing with you in the creative container of time out of time – **SoulTime!***



The fee for the weekend is on a sliding scale (you decide where on the scale you wish to pay) from \$250 - \$400 **before Jan. 15<sup>th</sup>**. After Jan. 15<sup>th</sup>, the scale goes up to \$300 - \$450. This includes meals from Friday night to Sunday lunch and shared accommodation. Post-dated cheques okay.

**CANCELLATION POLICY:** Full refunds will be made up to Feb. 19th.

After Feb. 19th there will be a \$75 cancellation fee unless you find your own replacement.

CONTACT Shasta at 604-947-2283 or email [shasta@rhythmkeepers.ca](mailto:shasta@rhythmkeepers.ca) for more info.

Send this form with your cheque(s) payable to Shasta Martinuk, P.O. Box 247, Bowen Island, BC, V0N 1G0

NAME: \_\_\_\_\_ email: \_\_\_\_\_

Address: \_\_\_\_\_ Emerg. contact name / #: \_\_\_\_\_

Home phone: \_\_\_\_\_ cell: \_\_\_\_\_

Food allergies / sensitivities: \_\_\_\_\_

I'd like to give / take a workshop on \_\_\_\_\_  
(circle one)