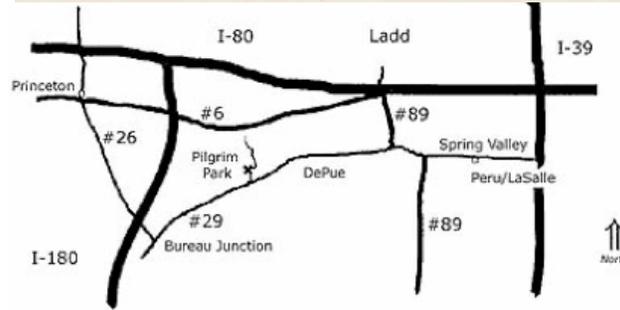


You are Invited
to a Women's Retreat Weekend
S.P.A. for the Soul
(spiritual path awakening)

CMwD Women's Annual Spring
Conference

June 4th-6th, 2010

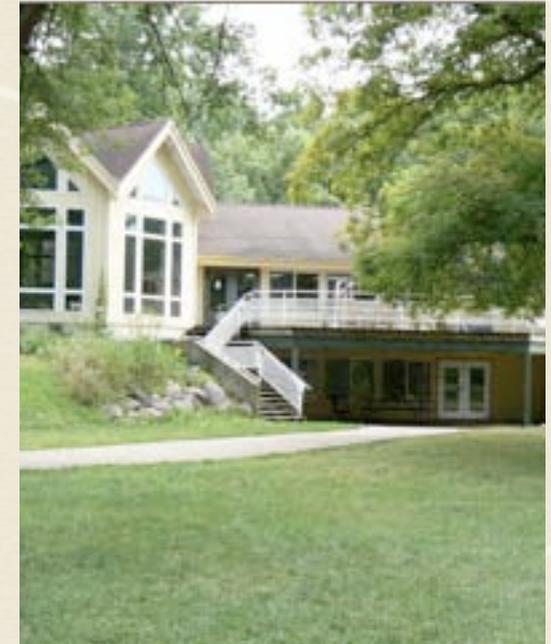


CO-COORDINATORS
Brenda Wade & Meg Schnake
and other Women of ALUUC
745 Woodside Road, Springfield Il.
62702
217-585-9550

connections@uuwomensconnection.org

UU Women's Connection Presents

S.P.A. FOR THE SOUL



Featuring

Teri Freesmeyer

as Keynote Speaker!

Trained in the art of

Energy Readings, Reiki,

Toe Reading and MORE!





**Join in the moment,
the sacred moment of now.**

UU Women's Connection promises pampering and de-stressing with a spa for body, mind, and soul. If you are like most women, you may be asking yourself how you can make this happen. Take advantage of our retreat payment plan; request a scholarship; make it a girl friend getaway or go it alone. However you do it...plan to join us for the most relaxing, reasonably priced retreat for women in 2010!

Registration will be \$50. Then in addition choose from the following options:

***Upper Conference room** - single - \$91 + \$42 for meals and endowment fee = \$133

***Upper Conference room** - double = \$76 + \$42 for meals and endowment fee = \$118

***Higgins (adjacent bldg)** - double/triple occupancy - \$73 + \$42 for meals and endowment fee- \$115

Want to make it a day trip?

*Saturday only will be \$50 + (lunch and dinner + endowment fee) \$20 = \$70 add \$7 for Saturday breakfast

Membership Dues/Renewal Fee \$10

Scholarships Available

View and download the registration form on April 5th at www.uuwomensconnection.org

COME, RELAX, AND COMMUNE

Relax and commune in nature with like-minded women from the area, women who share similar challenges, triumphs, and needs. This mini get-away is something every woman deserves and with reasonable fees, lodging, & meals included, it's doable! Programming will meet your needs spiritual, mental, and physical with workshops such as those listed below and more.

PHYSICAL PAMPERING!

Several workshops are designed specifically for your physical needs. Included in this array are massage, manicure, pedicure, creating bath soaps and salts, adornment crafting to beautify your body -goddess gowns, jewelry and beading for hands, feet, head and even an instant face lift. Enjoy a sensual atmosphere with the sights, sounds, and smells of a relaxing, rejuvenating experience.



*Walking trails, stream, hilltop
~view inspire peace within.*



*Make new friendships and bond
~with women you already know.*

MENTAL PAMPERING!

Lots of learning will also be offered to stimulate your mind. Explore your potential through color analysis where you can learn to choose the very best clothes, jewelry, makeup and even hair color for yourself. Discuss ways to simplify your life through organization and priority setting. Find out about natural methods for routine health practice.



*Enjoy meals together prepared for
you with NO Dishes afterward!*



*Labrynth, pond, and porches are
just a few outdoor temptations.*

SPIRITUAL PAMPERING!

Indulge in spiritual practices old and new. Expect drumming and dancing around a roaring campfire with chanting sprinkled in as we go. Explore "toe reading" and other energy work with our keynote speaker Teri Freesmeyer. Listen to your sister's tell stories from their own life path and share your own. Take your own silent pilgrimage wandering the grounds alone.



*Express yourself in worship using
your own unique style.*



*Comfy beds and private
bathrooms make for good rest.*