

Creative Aging Series for 2011-2012
The first of our seasonally themed creativity retreats

Turning Inward



***Our autumn weekend retreat
September 30th to October 2nd***

Give yourself time to harvest the gifts of your life,
to release what no longer serves and to "preserve" what nurtures.

7:00 p.m. Friday - 1:00 p.m. Sunday
The Stanford Inn in Mendocino

No art experience necessary, just a willingness to let your heart speak through your hands.

Register Now!

Space limited to 20 participants

\$225

Facilitated by Joan Stanford, ATR-BC and Marilyn Hagar REAT

Contact mhagar@mcn.org or call 707-937-4546

Winter

*Welcoming the Dreamtime
December 2-4 2011*

Spring

*Spiraling Outward
April 6-8 2012*

Summer

*Enjoying the Light
June 1-3 2012*