



Renewal Workshops for Women

Journey to Self: Women in Healing

*With body, mind, spirit healer Fawn Fitzsimmons Russo
and earth and community healer Jeff Goebel*

A series of workshops for women designed to address the stresses, pressures, and obstacles that confront us in our daily lives. Each workshop targets a specific set of challenges and is held in a setting selected to harmonize with the projected outcomes of the guided experiences. Through a series of guided exercises in mind-heart-body mindfulness, healers Fawn Fitzsimmons Russo and Jeff Goebel lead a pilgrimage into the self, into the quiet center of strength, serenity, and inspiration. Join us for a day of structured transformative experiences – breathing, journaling, speaking, moving, connecting. – or the entire series, or any combination. The Tuscany and Botswana workshops extend over ten days.

- May 2, 2009 THE OCEAN:
From Conflict to Resolution
Manzanita, Oregon
- June 6, 2009 THE DESERT:
From Scarcity to Abundance
Inn at the Seventh Mountain
Bend, Oregon
- July 10, 2009 THE VALLEY:
Women Moving through Transition
Bonneville Hot Springs Resort and Spa,
Washington
- August 8, 2009 THE MOUNTAIN:
Women Embracing Power
Timberline Lodge,
Government Camp, Oregon
- September 19, 2009 MOUNTAIN/STREAM/FOREST:
From Conflict to Resolution
Washington Cascades, Washington
- October 16-25, 2009 TUSCANY:
Healing Workshop for Women
Villa Ca' di Pesa, Panzano
Tuscany, Italy

November 7, 2009 THE HARVEST:
Willamette Valley, OR

March 10-21, 2010 AFRICA:
Healing Workshop for Women
Botswana, Africa

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About us:

Fawn Fitzsimmons Russo is an internationally trained spiritual healer, yoga and massage therapist who teaches wellness by aligning body, mind and spirit.

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"Aligning our path from the heart keeps us in balance with the natural flow of all life. Working in harmony with our heart truth allows shifts to happen inside our being and externally in the world."

Jeff Goebel, MS, Certified Sirolli Institute and Covey Leadership Center Facilitator, is an internationally recognized consensus builder and sustainability planner.

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"Social harmony and sustainability are rooted in the belief that as humans, we are all endowed with the capacity to identify our needs, articulate our interests, and respond responsibly and respectfully to our social and biological world."

The Workshops



Women in Conflict

Coming to heart and mind resolution

Saturday May 2, 2009

Manzanita, Oregon

Conflict takes many forms and creates many patterns. Identifying the root causes of conflict and the role it plays in our lives is the first step toward healing change. Through a series of guided exercises in mind-heart-body mindfulness, healers Fawn Fitzimmons Russo and Jeff Goebel lead a pilgrimage into the self, into the quiet center of strength, serenity, and inspiration. Join us for a day of structured transformative experiences – breathing, journaling, speaking, moving, connecting.

This unique one-day workshop is offered at the Parinamah Studio in Manzanita, Oregon. Price includes gourmet organic lunch, tisanes and herbal teas, organic refreshments.

<u>Date:</u>	Saturday, May 2, 2009, 9:00 am – 4:00 pm
<u>Place:</u>	Parinamah Studio, 123 Laneda Avenue Manzanita, Oregon
<u>Cost:</u>	\$ 129.00 (\$50 non-refundable deposit)
<u>Reservation:</u>	yogasense@yahoo.com or tel: 503-812-1033
<u>What to bring:</u>	comfortable, loose clothing; a journal; your conflicts; an open mind; and a symbol of your conflicts.

Types of conflicts:

Self: self
Self: body
Self: parent
Self: child
Self: spouse
Self: co-worker
Self: superior
Self: community

Enrollment limited to twenty women.



From Scarcity to Abundance

Renewal Workshop for Women

Saturday, June 6, 2009

The Inn at the Seventh Mountain

Bend, Oregon

Fear is the root of feeling scarcity in our lives. We are haunted by the feeling of not having enough time or money for obligations and responsibilities, by the pressure of deadlines that have to be met, by insufficient energy for self-actualization, for tending family, friends, and community. The vacation desperately needed feels like it will never happen for lack of time and money. We create scarcity in our life in many ways.

From Scarcity to Abundance takes place in the high desert. Although the desert may appear sparse, with a scarcity of water and life, the landscape reveals beauty in the vastness of place, the richness of colors and light. There are lush oasis pockets revealing the presence of water and desert life.

We will explore how we behave in times of scarcity and in times of abundance. The pattern that we have created in our life may be focused on not having enough, when in fact we might have plenty. Knowing when to embrace scarcity as a tool to grow and when it becomes a hindrance blocking our ability to be abundant is the focus of this workshop.

We will confront the notion of the “impossible” and to overcome what seems to be impossible in our lives. The idea of “AND” logic-- the ability to do this AND do that --will be developed to identify and inhabit a mental state of abundance.

This unique one-day workshop is offered at the Inn at the Seventh Mountain in Bend, Oregon. Price includes gourmet organic lunch, tisanes and herbal teas, organic refreshments.

Date: Saturday, June 6, 2009, 9:00 am – 4:00 pm

Place: Inn at the Seventh Mountain
Seventh Mountain Resort
18575 SW Century Drive
Bend, Oregon 97702
541-382-8711/ 800-452-6810
info@seventhmountain.com

Cost: \$ 235.00 (\$50 non-refundable deposit)

Reservation: vogasense@yahoo.com or tel: 503-812-1033

What to bring: comfortable, loose clothing; a journal; your scarcity issues; an open mind; and a symbol of your scarcity.

Types of Scarcity:

Energy • Time • Money • Love • Discipline • Rest • Compassion • Companionship • Peace • Fellowship • Creativity