

2009

Workshop Series

STARSEED HEALING SANCTUARY  
& HOLISTIC RETREAT CENTER



# Coming to the Well

a 2009 mentored journey for women 50 and beyond

## Trusting in the WELL BEING there for me

It has to be about more... than getting up, working all day  
and then going to bed tired and weary

*This is the time when you choose how the rest of your life will be*

*This is the time when you look into your heart and ask yourself*

*What dreams do I have?*

*What do I long for or feel compelled to do with my life?*

This is about committing to yourself, giving to yourself  
something you have never given before.

This is the time you say

**YES to your WELL BEING.**

The coming to the well sessions in 2008 were presented as a taste of what it would be like to actually give yourself what you really want and require for your self-fulfillment at this stage of your life and for the rest of your life. The first step was to become aware of "where you are and what you want".

During these sessions you had the opportunity to take a look inside yourself to determine your state of being. You took an assessment of each of your four bodies and looked at how you are nurturing yourself or not.

*Everything you have done so far  
has been to prepare you for the next step.*

# DIVING IN

## THE SECOND STEP IS DIVING IN

**Deciding that I am important enough to give myself the care and nurturance, that I require...before exhaustion, before illness, before breakdown.**

**Because I have a dream that is ready to be realized**

**Because I and I alone am responsible for the quality of my experiences**

**Because waking up in the morning and feeling a YES to life, ROCKS**

**Because I want to be connected and "all over" my heart's desire**

**Because I love feeling vitally alive, connected and good to go**

**Because it's easier to strengthen my body "before" it breaks down**

**Because when my body is rested and rightly fueled, I can soar the universe**

**Because I am not done yet, there are things I want to see, things I want to do**

**Because the time to decide is now, its time for suffering to surrender to Joy**

**Because I have the connection and support of other women at the well**

**COMING TO THE WELL** is more than just a program of radical self care, it is the opportunity to engage in a way of living that rejuvenates your whole being. It offers motivation, tools and support for discovering how to fuel your body, clear and focus your mind, energize your core essence and tap into your spiritual potential.

Coming to the well is a program for women 50 and older, who are ready to embrace the next phase of their lives with strength and vitality. Our culture says the older we get, the less useful we become, however, the truth is, we can choose to have this be the most worthwhile time of our life, a time of deepening quality, a time of connection, a time of Presence and Purpose, a time when our greatest gifts are given and received.

In this second half of our lives, if we want to feel good, function well, and live fully, we must nourish and care for our body, mind, emotion and soul. This year long mentored journey is for women who really desire to remember and ignite their dreams, want to rejuvenate and live their passion to the fullest.

### **Three Stages of the Program:**

- 1. Assessment of the 4 bodies – In step 2 of the well we will be doing In-depth assessments of everything about ourselves.**
- 2. Diving deep into the well, retrieving guidance and researching what you require for your deepest well being.**
- 3. Action, commitment and group support**

**Support:** Women will be supporting each other in pairs throughout the year.

**Self Responsibility:** Independent work- women will work on their own in between retreat gatherings, researching what they need, tracking what they want and how they are doing, putting into practice, making the changes they want.

**Journaling:** Each woman will keep a journal for the year chronicling her path, her transformations and manifestations.

### **Weekend sessions at Starseed include:**

Circle sharing  
Paired sharing  
Coming to the well- what do I need right now  
Deep inner work, looking at our patterns, release, letting go, receiving  
Life shops of focus areas  
Healthy, nourishing meals  
Quiet, reflective time  
Time in nature

**Commitment:** Your major commitment is to yourself, to give yourself something you have never given before, a year long journey into yourself, for yourself.

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### **Weekend Retreat Dates**

March 27-29 (First Session)  
May 29-31  
July 17-19

September 25-27  
November 20-22  
(to be determined)

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### **Program Cost**

In consideration of these economic times, we have been working with the cost of the program to insure that every woman who chooses to come can do so. We have decided to work with a sliding scale of \$250-\$350 per weekend. In order to offer this arrangement we are asking that everyone in the program share the cost and preparation of the meals. This would require each woman to bring prepared food for one of the meals during each weekend. (If you are paying at the full rate, food contribution will be optional.)

In addition to this, we can offer several partial barter/scholarship slots (made possible by a grant from The Women's Interfaith Institute of the Berkshires).

We need someone to coordinate the meals (who brings what) and someone to

Organize the set up and clean up of the meals as well as some space preparation and logistical details. Please call for more information about these positions.

**Spaces are limited - CALL NOW to Register for  
"Coming to the Well"**

If you are interested and would like more information, please call:

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