



***The Heroine's Journey* is a Sacred Feminine process of transforming problematic energy or consciousness, so it can be part of a man's healing Journey too. Adults aged 21 and older are welcome.**



In addition to designing the dances with the Intention in mind, we do our best to make them accessible and easy for most people. The dances are within most people's ability level. No prior experience is necessary – come and join the circle.

By nature, Sacred Circle Dance is not a performative practice and does not require technical perfection. It is a matter of moving with a shared *Conscious Intention* and doing your best. If you don't consider yourself a 'dancer' but still feel drawn to this work, you're welcome to attend and be on the Journey via seated meditation.

If you'd like to be on this Shamanic *Heroine's Journey* but have no experience of Circle Dance, you could familiarize yourself with this dance form by coming to one of our evening events (information about them is found in the newsletters that you can sign up for)

We've chosen the Galilee Centre, in Arnprior, ON., with your comfort and accessibility in mind. It's a welcoming oasis of peace with the mission to provide space to engage with 'the spiritual' for people like us. Situated next to an Old Growth Forest overlooking the Ottawa River, we'll have the opportunity to dance amid this natural beauty. Amongst other spiritual seekers, give yourself the gift of time to approach the Divine Feminine 'Dance of Life' in a relaxed, grounded, and centered way.

The extended time of the retreat allows us the opportunity to:

- \* weave and teach the dances
- \* experience the many layers of each dance offered
- \* let these dances deepen you into the Heart of the Life you are living
- \* and engage with your inner *Heroine*, wherever you currently are in that unfolding cycling process.

#### **How the dancing at the retreat will unfold:**

- \* You'll learn and dance at least 10 new dances in order to have the full experience of dancing through *The Heroine's Journey*.
- \* The dances will be split up into 3 sections, to support you in learning them in a straightforward and more easily-retained way.
- \* When we come to the **Shamanic Dance Progression in the Ceremony** itself, you'll be well prepared to dance them one after the other.
- \* This process of **dancing** the stages of *The Heroine's Journey* will support you to 'get out of your head' and allow the transformation to occur, enabling your inner Heroine to be more fully embodied!

#### **Our Daily Schedule:**

**Day 1: Fri Aug 4<sup>th</sup>**, 2pm: Introduction to each other and to *The Heroine's Journey*. Supper & the first group of dances will be taught.

**Day 2: Sat Aug 5<sup>th</sup>**, 7:30 am – 8:30 am Breakfast; 9 am - Reminder of the first group of dances from the evening before and beginning to learn the second group; 12:30 pm - Lunch and continue with the second group of dances in the afternoon; Meditation/break to integrate with

the first half of the process of *The Heroine's Journey* and anything coming up; Supper and check in about how your process is unfolding, with option to practice the dances.

**Day 3: Sun Aug 6<sup>th</sup>**, 7:30 am – 8:30 am Breakfast; The day will be spent learning the third group of dances with ample break time; Supper and check in about how your process is unfolding, with option to practice the dances.

**Day 4: Mon Aug 7<sup>th</sup>**, 7:30 am – 8:30 am Breakfast; 9 am - Reminder go-through of all the dances; Break; Ceremony through doing all the dances consecutively; Silent Lunch; Integrating the experience and completion; Leave by 3:30 pm.

**"Sacred circle dance has become a way for me to connect with my higher-self, every time I attend a circle dance session, I leave uplifted and energized. The teachers are amazing and each session has gifted me a unique experience; it has also allowed me to connect with like-minded people." Ceci B.**



### **Reminder of our affordable fees:**

Most accommodation at the Galilee Centre consists of 2 twin beds per generously sized room. There are a variety of quiet spaces indoors and out on their site by the beautiful Ottawa river, as well as a beach for swim enthusiasts! It'll be easy for you to get some quiet, alone time for those of you sharing a room

We know that some of you will prefer to have your own sleeping space so we are giving you a fee option to have your own room, on the registration form. No matter what room you choose, accommodation includes all your meals for the duration of the retreat.

### **Regular Fees from May 1, 2023:**

- \$549.00 - Includes a twin bed in shared room with 1 other participant, and all meals.
- \$629.00 - Includes a twin bed in room of my own and all meals.

### **Off-site Accommodation:**

If you'd prefer to stay off-site, Arnprior, Ontario has other amenities available:

<https://www.google.com/maps/search/Hotels/@45.4239364,-76.3864902,13z/data=!3m1!4b1>

If your accommodation needs will be met elsewhere, you pay for your meals with us and the program for a total of: \$289.00

## Non-refundable Deposit:

All participants are required to pay a \$150.00 non-refundable deposit. More information about our cancellation policy will be on the retreat webpage and is in the Registration Form (click on the blue 'Register' link below). It will be re-iterated in your Confirmation of Registration.



## Who are We?

We are a newly formed collective of practitioners in Ottawa including:

- \* Carrie Fawcett, MMus, Ceremonialist & Sacred Circle Dance Leader. [www.carriefawcett.com](http://www.carriefawcett.com)
- \* Barbara Carter, Inspired Choreographer & Sacred Circle Dance Leader
- \* Kathleen Leeson RH, Shamanic Healer & Clinical Herbalist [www.kathleenleeson.ca](http://www.kathleenleeson.ca)

We're part of a lineage of dancers that grew out of the decades of International Master teacher June Watts' annual visits and teachings, as well as a uniquely homegrown fusion of Sacred Circle Dance with the Shamanic Journey Process.

**Contact [carterb@bell.net](mailto:carterb@bell.net) to request a Registration Form.**

We also offer monthly circle dance evenings and special events in the Ottawa area!

If you'd like to learn about any of this in greater detail and stay in the loop about what we're up to and offering, we encourage you to join our monthly newsletter by emailing our main communications person, Carrie Fawcett at [carrie@carriefawcett.com](mailto:carrie@carriefawcett.com) with your first and last name.

Warmly,

Carrie, Barbara & Kathleen

**~ Please feel free to share this with anyone you think might be interested ~**