



# *Women's\* Weekend of Divine Journey, Movement, Expression and Community*

September 16 - 18, 2016

*(plus invite to stay and roam an extra day!)*

Black Mountain, NC

God is limitless. God's creation is limitless.

Opening to Love completely, we know beautifully that we are within this divine creation. Our spiritual bodies soar blissfully through the heavens, deep into our oceans, and to the brilliant, loving mother core of our glorious planet. We fill with light, and it pours limitlessly from us for the benefit of all.

## **Friday**

- 4 – 7 pm Welcome! Arrival, settle in, nap, go for a walk...
- 7 - 8 pm Dinner\* / personal shares
- 8 - 9 pm ***Journey: The Inner Golden Heart Sphere***  
Guided inner journey bringing the power of consciousness to the gateway of endless love and healing. Followed by meditation which will end silently. Participants may wish to commune, or continue silence through the night.
- 9 pm Snacks\*

## **Saturday**

- 7 - 7:30 am ***Meditation: Return to the Inner Golden Heart***  
*(optional; you made wish to sleep instead! ☺)*  
Brief meditation guidance from journey the evening before; then silent meditation
- 8 – 9 am Breakfast\* / personal shares
- 9:15 - 9:45 am Earth awareness / communication & walking meditation

Continued

*\*This workshop is for all women, regardless biological birth designation.*

## With Sadhya Moss, Blissful Movement Guide

Sadhya is an intuitive, and has studied with master teachers of healing and enlightenment paths. She opens to the loving, transforming power of angelic and other high vibrational beings who are here to help us most fully open to the divine love that is the truth of who we are! She leads meditative journeys helping us to connect with and most fully receive the healing and friendship given by these messengers and gifts of Divine Source.



Please visit [www.blissfulmovement.com](http://www.blissfulmovement.com) to experience through sharings, video/audio spiritual journeys, and daily thoughts/meditations inspired by these teachers/guides.



### **Saturday continued**

- 9:45 - 10:00 am Guided movement for Soul Embodiment and comfort.  
Flowing stretches, reaches, circle 8 movements, to calibrate, align, and invite deeply the increased, grounding connection of body, soul and Earth.
- 10 - 10:15 am Snacks\*
- 10:15 - 10:45 am Community sharing: Wishes, longings, learnings, openings...
- 10:50 - 11:15 am ***Journey: Going Deep and Wide in Love***  
Guided meditative movement to the Core Heart of Love within, opening wide to the limitless Love that comes through this Divine Gateway. As it builds and strengthens within us, it flows out wider and wider – bringing greater power to our own Love, expanding our personal power in this world, and flowing beyond that, connecting us with and healing all energies on our planet and beyond.
- 11:15 - 12 ***Activity: Prepare Creative 'Project' to Share***  
Tap into the limitless creativity within, and have fun creating something to share with our weekend community this evening: it may be movement, song, yodeling, mime, 😊 painting, drawing, nature scape, story, essay, poetry...., Invite your beautiful and authentic to come forward and enjoy! Basic art supplies are provided; please bring anything more you might like for yourself or to share.
- 1 - 2 Lunch\*
- 2 - 4 Quiet time: walking, journaling, napping, creating expression, chatting...
- 4 - 5 ***Movement: Ecstatic, Unstructured Dance***  
To high vibrational, trance-inducing music, dance to connect more deeply with ourSelf within – that which is already joyful and confident; as well as those elements which have had reasons to hold back. Movement to open us to the Higher Power that resonates for us. Music to open, heal, integrate the beautiful Divine beings we truly are!
- 6 - 7 Dinner\*
- 7:30 - 9 ***Community Sharing: Presenting Our Creative 'Projects'***  
Receive the blessings of each of our group as we give our Creative Expressions to the group. 😊
- 9 Snacks\*



## Sunday

- 8 - 9 Breakfast\* / personal shares
- 9:15 - 10:15 ***Self Inquiry: What Do We Really Want***  
Journaling, quiet meditation, then discussion – If we could have what we truly truly want, what would it be? What is it within that that we truly want? Where is that wish within our physical and larger energetic body? What might be in the way? We ask, look, and release; ask, look, and release. We open to the possibilities of the realities of our truest desires.
- 10:30 - 11:30 ***Manifesting; Seeing and Experiencing Life of our Desires***  
Not to worry – if our desires and wishes are not yet of the highest good, they are still a pathway to that which is deeper within our hearts. We see and feel our desires BEING true. What is the sensation? Is it a tense excitement? Ah, what about that? Is it a feeling of depth and peace and happiness? Oh, that may be closer to the mark! We practice and try on our desires to see if they are really what we want, or do we think that they are a way to get what we want. Personal meditation, writing, sharing.
- 11:30 - 12 Wrap up.
- 12 Lunch\*

\* **Meals** (may change based on participants' input. Meals are intended to be light and satisfying)

*Please mark on your registration form any food allergies, preferences, so that the right food can be purchased and prepared! ☺*

### Friday Dinner

Mixed greens salad, sprouts, fresh veggies  
Burgers: Veggie and Black Bean  
Fresh fruit, raw nuts  
Corn and potato chips  
Cookies  
Coffee, assorted caffeinated and herbal teas

### Friday Snacks

Cookies  
Fresh fruit, raw nuts  
Coffee, assorted caffeinated and herbal teas

### Saturday Breakfast

Oatmeal: walnuts, soy, almond and regular milk,  
honey, molasses  
Scrambled eggs (with milk or soy milk)  
Toast and jam (butter, Earth Balance)  
Fresh fruit

### Saturday Lunch

Sandwiches (Ezekial and sprouted breads)  
Cheeses, Hummus, tomato slices, sprouts,  
vegge mayo  
Cookies

### Saturday Dinner

Stir fry, tofu or tempeh  
Cake!

### Sunday Breakfast

Scrambled eggs (with milk or soy milk)  
Toast and jam (butter, Earth Balance)  
Fresh fruit, raw nuts

### Sunday Lunch

Sandwiches (Ezekial and sprouted breads)  
Cheeses, Hummus, tomato slices, sprouts,  
vegge mayo  
Cookies

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## Registration Form

Name \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_ Relationship \_\_\_\_\_

Registration Cost includes lodging and all food. We ask each participant to help with three mealtime support activities during the weekend, including prep and cleanup. We'll ask participants to sign up Friday evening. Thank you!

### Cost and lodgings

To select lodging, check below, and enter the amount you are enclosing. If you need to make payments, or for other arrangements, please let us know. Let us know with your registration if you would like to stay Sunday night through Monday morning to enjoy the village and hiking. This extra day stay is provided without charge.

_____	\$	Private Room, Queen Bed (linens incl)	\$250 - (Sliding scale offered of \$111-\$250)
_____	\$	Shared Private Room Queen Bed – <i>if two participants plan to share a bed.</i> (linens incl)	\$175 - (Sliding scale offered of \$111-\$175)
_____	\$	Double Room - one of two twin beds (linens incl)	\$200 - (Sliding scale offered of \$111-\$200)
_____	\$	Living Room Futon (linens incl)	\$175 - (Sliding scale offered of \$88-\$175)
_____	\$	Living Room Down Sofa (linens incl)	\$175 - (Sliding scale offered of \$88-\$175)
_____	\$	Living Room Blowup Mattress (linens incl)	\$175 - (Sliding scale offered of \$88-\$175)
_____	\$	Shared tent - <i>full access to house common areas and bathrooms</i>	\$150 - (Sliding scale offered of \$88-\$150)



### Retreat Location!

Black Mountain is a gorgeous village and surrounding forested area near Asheville, NC:

[http://www.romanticasheville.com/black\\_mountain.htm](http://www.romanticasheville.com/black_mountain.htm) . We will be in a lovely mountain home designated for uplifting and soul-enlightening events.

### Special Needs / Requests

Meals are planned to be vegetarian-friendly; to provide healthy, enjoyable, satisfying meals that are plenty, and finished! Let us know with your registration if you have special needs/wishes for this or any other element of our weekend. Thank you.

### Mail Form and Check to:

Sadhya Moss, Blissful Movement Retreats  
510 Forrest St  
Hillsborough, NC 27278

### Questions, More Information

For questions, input, please contact Sadhya:

[sadhya@blissfulmovement.com](mailto:sadhya@blissfulmovement.com)

[www.blissfulmovement.com](http://www.blissfulmovement.com)

919 245 8912

### To pay by credit card:

Contact Sadhya, 919 245 8912

We hope to welcome you to a beautiful and soul-lifting Black Mountain Women's Retreat Weekend!