***A Women’s Retreat Day***

 **@ Willamette Wellness Center**

**1131 SW Hoffman Rd, West Linn, OR 97068**

**(just 4 miles outside Wilsonville)**

**We invite you to PAUSE…for a day of soothing self care in this beautiful natural setting promoting your inner peace and relaxation.**

**WHEN: Sat. July 27th, 2013 @ 10:00AM -5:00PM**

**Facilitator: Elaine Merryfield**

**10:00AM-12:30PM: Calming the Stress Response**

Learn a variety of simple practices for calming the nervous system in everyday life to help reduce reactivity and to more easily focus on what really matters to you.

**12:30---1:30PM: Lunch Break---please bring sack lunch/ enjoy a walk on the land / visit the labyrinth/ or simply relax by the waterfall /pond areas.**

**1:30PM -5:00PM: Introduction to SoulCollage® Workshop**

A simple activity of cutting and pasting images onto 5”x8” precut mat boards. You will begin creating your own personal set of cards **which reflect the many aspects of** **you** and **your wholeness.** You will then learn simple ways to use your cards to connect more easily with your intuition & inner wisdom. (**Process created by Seena Frost, MFT.** (**www.soulcollage.com) All materials provided.)**

**FEE: $65.00 Must Pre-Register by July 13th**

**To Register---Call Elaine Merryfield at 503-972-8272**

**Elaine Merryfield has taught at Tuality Healthcare, Legacy Meridian Park Hospital, Pacific University, The Frida Center for Fibromyalgia, and other locations. Based in a multi-faceted nursing and health education background, her emphasis on stress management began in 1987. In recent years she has incorporated a growing emphasis on mindful awareness practices. Since 2000, Elaine’s second area of specialty has been counseling and supporting others who, like herself, live with fibromyalgia.**