

You are invited to
A daylong intensive women's retreat
for body, mind and spirit

with Pam Hale Trachta, M.A.
life coach, shamanic practitioner, photographer and writer

Saturday, January 21, 2006
9:30-4:30
at my home in Catalina!

Give yourself the gift of a retreat day where you will:

- ❖ Join with other women in a sacred circle and a silent walk in Catalina State Park
- ❖ Create personal intentions for 2006
- ❖ Participate in rituals and shamanic journeying
- ❖ Process your intentions through a sand painting, meditation, journaling, movement and the Sand Spirit cards
- ❖ Identify what blocks you and learn to move past it
- ❖ Drink in the beauty of nature, a safe and sacred space, and the good energy of other women

We will gather from 9am –9:30 for coffee, tea, conversation and settling in.
Our closing circle will end at 4:30.

Cost is only \$135, which includes a delicious catered lunch with vegetarian options

To register, please send a check made out to Through a Different Lens, Inc. to the address below. You will receive a confirmation letter with directions and a list of things to bring. Register early; this is a small group experience!

Questions? Call me at 825-5463 or e-mail me at: pam@ThroughADifferentLens.com.
For more information, go to www.ThroughADifferentLens.com.



Through A Different Lens, Inc.
13830 North Sutherland Trail
Tucson, AZ 85739