

You are invited to  
**A daylong intensive women's retreat:**  
**Seven Lessons in Flying Past Your Fears!**

**with Pam Hale Trachta, M.A.**

teacher, shamanic practitioner, spiritual mentor, cancer survivor and private pilot

**Saturday, September 24, 2005**  
**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
- ❖ Learn about the energies of the seven chakras
- ❖ Explore seven core fears that can stop us from being all we were meant to be
- ❖ Learn seven "flight lessons" that will help you move past these fears
- ❖ Experience shamanic rituals and journeying
- ❖ Have fun creating a symbol of your own courage
- ❖ Drink in the beauty of nature, a safe and sacred space, and the good energy of a small group of other powerful 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 13830 N. Sutherland Trail, Tucson, AZ 85739. 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](mailto:pam@ThroughADifferentLens.com).  
For more information, go to [www.ThroughADifferentLens.com](http://www.ThroughADifferentLens.com).



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