



A Weekend Retreat for Women

July 13-15, 2007

Austin, Texas

Information & Registration:

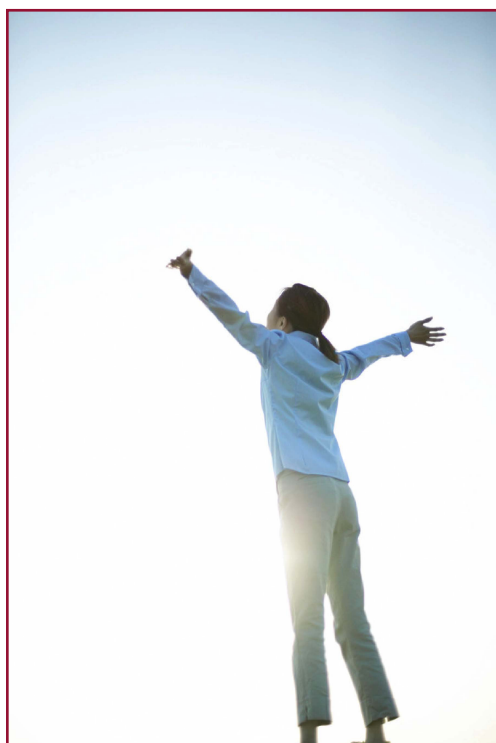
www.sojournretreats.com

Ellen Smith (512) 419-1339

Sherry Ransom (512) 922-1882

Sojourn Retreats Mission:

We specialize in providing quality, life-transforming retreats for women worldwide.



Get away for a weekend of deep rest, wonderful conversations, quiet nature walks, and good companionship. Have a pampering massage. Do some yoga. Laugh. A lot. Be inspired. Eat delicious food. Make new friends. Relax, Breathe. Create. Dream. You will leave feeling jazzed about your life, and ready to take the next step on your path.

What You Can Look Forward To:

- ♥ Transformational workshops that will inspire, tickle, and motivate you.
- ♥ Healthy, delicious, nourishing meals.
- ♥ Daily hatha yoga classes for all abilities.
- ♥ Learn the secrets and how to apply them from Sherry's award-winning new book, *Three Paths, Three Choices: Getting the Life That You Deserve*.
- ♥ Yoga Nidra – deeply relaxing and energy-restoring.
- ♥ Fun exercises that will spark your creativity.
- ♥ Wonderful, therapeutic massage (For an additional fee).
- ♥ Meditation.
- ♥ Time for group and individual sharing and processing.
- ♥ Time to journal, read your current favorite book, hike, knit, nap, paint...
- ♥ Opportunity to schedule individual sessions with Ellen and Sherry.

Where: Alma de Mujer, is a beautiful, peaceful retreat center located in the foothills of Lake Travis, about 20 minutes northwest of downtown Austin. The center is an endangered species habitat which functions as a wildlife refuge. A two-story, sky-lit lodge with a natural stone fireplace, large dining area and bright, open living room welcomes you to the property. The expansive grounds include an organic garden, a Jacuzzi, tree house cabins (linens and organic toiletries provided), and a spring-fed creek that runs through the property. Whether you choose to meditate at the meditation knoll, wander through the grounds, swim in the creek or just sit on the huge front porch that opens onto a field of green, you will find it to be a memorable and rejuvenating weekend.

Cost: Early bird \$375 if paid by 6/30/07, \$425.00 after 6/30/07. **Bring a friend and receive \$50 off your registration price!** A \$75 non-refundable deposit reserves your place. Price includes all workshops, daily yoga, all meals, accommodations, and workbook.

Presenters: Ellen B. Smith and Sherry D. Ransom

Ellen is an Intuitive Mentor, Performance Coach, and Hatha Yoga Instructor, and has a master's degree in Spiritual Psychology. Sherry is a professional speaker and award-winning author who has appeared on The Oprah Winfrey Show.