

# ACCESSING THE BODY'S HEALING WISDOM THROUGH GENTLE YOGA AND WRITING

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Becky Jones and Darlene Graham  
March 15-17, 2013



Do you want to give your body the treat of gentle and skillful yoga instruction? Do you want to jumpstart your writing? Join us! Through writing and yoga, we will explore what our bodies are trying to let us know, what stories they have to tell, what they yearn to do. In addition to journaling or creative writing, and yoga suitable for all levels of experience, activities are likely to include walking, silence, and collage. The objective of the time together is to stretch and refresh our bodies and our creativity. Participants

need not have any writing or yoga experience.

NOTE: This program is limited to 10 participants, and will run concurrently with a program on "Faithful Sexuality."

*Back by popular demand, **Becky Jones** is a member of Northampton Friends Meeting. She is a long-time journaler and an Amherst Writers and Artists-trained facilitator who both leads and attends writing groups. She works as a hospital chaplain, has a small private counseling practice, and believes deeply in the transformative power of writing and of being in a community of writers.*

***Darlene Graham** is a registered nurse, Licensed Mental Health Counselor and Certified Yoga Teacher. She has also been trained in gestalt therapy and utilizes her knowledge to help students deepen their awareness of held emotional and physical tension in the body. She teaches yoga to students who are beginners as well as those who are more experienced. The postures (asanas) help students become more aware of ways to release tension and tune in to the healing energy of "prana." Darlene has been practicing Yoga for 27 years. Although she was drawn to Yoga as meditation practice, she has experienced improved health and well being.*

Program cost of \$190 includes program, housing and meals, Friday dinner through Sunday lunch. Scholarships are available - please ask!

WOOLMAN HILL  
Quaker Retreat Center

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**WOOLMAN HILL Quaker Retreat Center**  
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#### COST & REGISTRATION

The standard rate for this retreat is \$190 (with a sliding scale of \$160-\$220). The fee includes program, lodging and food. Commuter rate is \$130. Please ask if you need additional scholarship funds. A non-refundable deposit of \$50 is required to hold a space for a program. If you need to cancel, the deposit can be applied toward a future workshop.

#### ARRIVAL & DEPARTURE

Plan to arrive after 5pm Friday evening, in time for dinner at 6:30. The workshop will end by 2pm on Sunday. We are centrally located in western Massachusetts, close to both I-91 and Route 2. For those arriving by car, we will send directions when you register. Please let us know if you'd be interested in carpooling. The nearest Amtrak train station is in Amherst. Vermont Transit and Peter Pan bus lines stop in Greenfield. Please contact us to arrange a ride from these stations.

#### ROOM & BOARD

Our 19<sup>th</sup>-century farmhouse has hand-hewn beams and wide pine floors, with simple dorm-style lodging. The meetinghouse and the first floor of the main building are wheelchair accessible. We serve nourishing, primarily vegetarian, home-cooked meals and always offer a vegetarian option. Please let us know if you have any dietary restrictions. Part of the community building at each retreat includes the joyful sharing of meal chores and clean-up.

#### WHAT TO BRING

Please bring your own toiletries, towels, and bedding (sleeping bag or sheets and blankets or comforter). Pillows are provided. Be sure to bring seasonally appropriate clothes and comfortable indoor and outdoor footwear. You might also like to bring a flashlight, journal, musical instrument... Please do NOT bring pets or candles. We have limited internet access and cell phone reception. We encourage guests to consider whether cell phone or computer use will detract from their experience of being fully present, here and now.

To register for this program, please fill out the information below and send it to us with a \$50 deposit made payable to Woolman Hill. The balance is due at the beginning of the workshop. For more details about our programs and facilities, please visit our website ([www.woolmanhill.org](http://www.woolmanhill.org)) or use the above contact information.

WRITING AND YOGA, March 15-17, 2013	
NAME:	
E-MAIL:	PHONE:
ADDRESS:	
MONTHLY MEETING (if applicable):	
Enclosed is \$_____. I plan to pay a total of \$_____ on the sliding scale of \$160-\$220 (\$190 standard rate).	
DIETARY, HOUSING, OR OTHER SPECIAL NEEDS:	