

# SHE SKOOL

FULL MOON RETREAT AUGUST 20-22, 2021



\$275 FOR THE WEEKEND

\$100 DEPOSIT DUE @ REGISTRATION

SCHOLARSHIPS AVAILABLE!!!

**FRIDAY 8/20 4 PM THE GATEWAY OPENS...** Once register by date (June 4) ends, all retreaters will receive a map of retreat location (sacred land in Lake Ann, Michigan), where to drop off gear & where to park. You will also receive the full itinerary with the weekend schedule. Opening circle will begin promptly at 7 pm on Friday 8/20. You are welcome to set up anytime between 4-7pm. No formal activities until opening circle, but you're asked to be fully present from opening circle Friday evening through sacred closing ceremony Sunday morning.

**THIS IS A RUSTIC CAMPOUT...** tents/campers welcome. We will have porta-potties and handwashing stations, but no showers or running water (civilization is very near by, though!!!).

## RETREAT INCLUDES FOOD:

**Friday night:** Everyone arriving before 7 pm brings a dish to share for an easy breezy potluck starting at 6pm. Think charcuterie style; pickled things, crackers, dips and cheeses and bread. Nosh.

**Saturday:** Organic Whole Food Plant Based catered meals delivered to us

**Sunday:** brunch

You're welcome to bring other snacks for yourself, but we will have beautiful snacks available for you, too.

**RETREAT INCLUDES VITALIZING WORKSHOPS** on eclectic soul centered topics throughout the day on Saturday with presenters who will also be retreaters! While your presence at all circle times is a requirement for our retreat, your participation in workshops is (encouraged but) completely optional. You can nap, read, walk, chill, RETREAT, if you prefer! Workshops list will be provided after registration, but workshop guides are highlighted below.

# YOUR GUIDES



## Truly True

A Northern Michigan wild child, **Randi Lyn** resides in the beautiful northwoods of Benzie County, tucked between the lakes and rivers, and nestled near the coast of Lake Michigan. She lives with her husband Paul, daughter Evy Jo, and their menagerie of pups, cats, chickens, rabbit, and bees. She is a maker, grower, learner, and do-er. She's most at peace digging her hands in the dirt, hiking through the woods, frolicking in freshwater, and most of all, being with her family.



## Jessa

A life long resident of Benzie County and the youngest Ryan sister, **Jess** considers herself a student of life above all else and loves to reinvent herself every few years. She is passionate about human psychology and sexuality, intentional living and cultivating meaningful relationships with the people she loves. Being a wife and mother to 3 children ranging in ages from 3 to 19 are both the most challenging and gratifying experiences of her life. Jess believes the greatest gift we each have to offer mankind is that of our own healing and self transformation. She is an avid reader, a kitchen witch, a burgeoning gardener and outdoor adventurer. She currently lives in Frankfort with her husband, children, son in love and 2 dogs.



## Abbygirl

Growing up a stones throw from the shores of Lake Michigan, **Abigail** is living life enjoying finding her true, authentic self and growing into a powerful young woman that is held back by nothing. She is passionate about inner growth, self healing, and love. Abigail feels that her life thus far has been the utmost adventure and knows her journey has only just begun. Her parents divorce when she was 5 and weathering a number of tragic events growing up has given her a mature outlook on life as well as the opportunity to self reflect and harness the power of resilience. You can find Abigail slaying in the kitchen often—creating new recipes and putting her own spin on many classic dishes. She also enjoys spending quality time with the people she loved, and connecting with the earths power and beauty through adventures near and far from her home in the mitten. Abigail currently lives with her love and the rest of her clan in their family home in Frankfort.



## Sarah Lou Who

My passion with helping women heal their trauma, pain, and disassociation "down there" started with my own journey, as a woman just like you, looking to heal a pelvic timeline full of disempowering experiences. As I went further down the rabbit hole of Pelvic Health and Empowerment professionally, I explored this work from every angle I could find. Now 15 years later, I've gained magical tools and perspectives through yoga, movement, and breathwork for pelvic health, birth work and doulaship, pelvic and abdominal bodywork, menstrual cycle analysis, and vaginal steaming. I love guiding women towards more empowering relationships with their bodies, their wombs, and their wild inner SheWolf.





Counselor, Yogi, and Meditation Coach. I have been in service to others for as long as I can remember, channeling that passion into a teaching and counseling career. I discovered the true benefits of yoga when I was a new mom with three babies under the age of 3. Until then, I always felt like yoga was just stretching. As I experienced the greatest joy and stress of being a wife to a traveling actor, new mom, and school counselor with a caseload of 400 students in the largest NYC public high school, yoga led me to a place of peace and balance-- literally and figuratively. As I developed my own personal practice, I began to develop a deeper connection between my body, mind and soul. This is what I hope to share with you! For the past 3 years, as an RYT200 certified yoga and meditation coach, I have shared yoga, meditation and radical self-love with anyone who is seeking such. Through Parent-Teacher meetings, staff meetings and workshops, small group and one-on-one sessions, I offer a variety of techniques to help acknowledge how stress is manifesting in your mind, body and soul.



Jennie

"There are many kinds of artists. I'm a LOVE artist." - Jenn, 47 y/o  
 Borrowing this adept descriptor from a 5 y/o named Elliott. I often refer to my art 'style' as *kindergarten art*. It is not self-deprecating nor belittling to kindergartners - rather, it perfectly describes my untrained, whimsical, free-form attempts to play with paint, paper, color & form. Inspired by color, texture, silhouette & verse, I go to the blank page or canvas to both purge & dig deeper. I believe making art is an intentional act of self-love & self-preservation. My goal is to spread love, positivity kindness, encouragement & empowerment. I strive to create, share, maintain my sanity, cultivate community kindness & live a life of big love, through it all.



Luna

She with all the names, founder of SHE SKOOL, lover of the moon, seeker of truths, gatherer of wild women. Christina/Mama/Luna has spent her entire life a bucking bronco rebel heart. She's a wacked out weirdo and a love bug junkie who is fascinated by the mechanisms of survival, healing and resilience.

*Super stoked!!! Thank you!*

TO REGISTER BY 6/4/21, VENMO \$100 NON REFUNDABLE DEPOSIT TO @CHRISTINAMAMALUNA (4747 IF IT ASKS FOR MY LAST 4 PHONE DIGITS). PLEASE COMMENT WILDWOMENUNITE! PLEASE ALSO EMAIL @CHRISTINARYANSTOLTZ@GMAIL.COM, INCLUDE YOUR CONTACT INFORMATION (PHONE, MAILING ADDRESS), WITH WILDWOMENUNITE! AS YOUR SUBJECT LINE. AFTER REGISTRATION CLOSES YOU WILL RECEIVE ITINERARY, MAP, LIABILITY WAIVER, PACKING SUGGESTIONS, EXPECTATIONS OF CONDUCT/RESPECT FOR EACH OTHER & THE LAND & FURTHER INSTRUCTIONS, INCLUDING BALANCE DUE DATES.

WANNA PAY BY CHECK?

CHRISTINA RYAN-STOLTZ/PO BOX 304 FRANKFORT, MI 49635.

PARTIAL SCHOLARSHIPS ARE AVAILABLE.

EMAIL FOR MORE DETAILS.

THIS RETREAT IS ONLY FOR WOMEN 18 +.

NURSING INFANTS UNDER 12 MONTHS ARE WELCOME.

QUESTIONS? EMAIL CHRISTINAMAMALUNA@GMAIL.COM