



**“Embrace the Spirit Within”  
4th Annual Women’s Weekend Retreat  
Temple Heights Spiritual Camp  
June 13th ~ 15th, 2025**



Explore and experience your personal spiritual journey as members of a healing community in the sacred spaces of Temple Heights! It will be an empowering opportunity to establish and reconnect with like-minded women, heal your soul and create wonderful lasting memories! Retreat coordination by the Rev. Nancy Parry, NST, and facilitated by several dedicated presenters.

Once you arrive for the retreat, Nancy will explain how she received the Spirit-Guided Retreat Schedule of empowerment activities which delve into encouraging you to experience blending body, mind, and Spirit throughout the weekend. You will discover/explore several ways to embrace the Spirit within. A wonderful pattern unfolds in a safe, respectful, and healing environment. Movement, guided meditation, drumming, and mental exercises combined with crafts and/or time to explore round out the weekend. Details will be given as each segment begins. Be sure to pick-up the brief required reading, that complements the workshops, upon your arrival. TRUST SPIRIT!

**RETREAT SCHEDULE**

Date	Time	Event	Facilitator
Friday 6/13/25	5:00pm	Arrival/Explore	
	6:00pm	Open/Weekend Overview	Nancy Parry
	6:20pm	Chakra Tribe	Brenda Colfer
	9:00pm	Closing	Phyllis Kenney
	9:20pm	Late Night Fun!	
	10:00pm	Quiet Time	
Sat. 6/14/25	7:30am	Breakfast	Phyllis Kenney
	8:00am	Welcome & Overview	Nancy Parry
	8:15am	Chair Yoga Warm-up	Tracey Uddin
	8:30am	Guided Meditation	Nancy Parry
	9:00am	Getting to Know Yourself. Introspective Thoughts to Consider	Nancy Parry
	11:00am	Pair-up and Get Acquainted	
	12:00pm	Lunch	Phyllis Kenney
	1:00pm	Zen/Meditate-Who’s got the time? & Mini Zen Garden	Phyllis Kenney
	2:00pm	Chair Yoga	Tracey Uddin
	3:00pm	“Exploration” and/or Journal Making	Phyllis Kenney
	4:00pm	“Fellowship with a Purpose”	Nancy Parry
	5:00pm	Supper	Phyllis Kenney
	6:00pm	Drumming- bring your own drum or rattle	Nancy Parry
	7:00pm	Unwinding/Body Dowsing	Phyllis Kenney
	8:30pm	The Healing Power of Laughter	Nancy Parry
	9:30pm	Late Night Fun!	
	10:00pm	Quiet Time	
Sun. 6/15/25	7:30am	Breakfast	Phyllis Kenney
	8:15am	Celebrating	Nancy Parry
	9:30am	Pack Up	All
	10:00am	Goodbye	Nancy Parry
	10:30am	Church Service	

## RETREAT CLASS & ACCOMMODATIONS INFORMATION

### Chair Yoga Warm-up

In the 10-15 warm-up Tracey will offer some gentle stretching to for the body along with some larger movements of the spine to allow physical energy to flow even more freely. We will end with an invigorating breathing exercise called the “Breath of Joy”.

### Getting to Know Yourself

Nancy will facilitate empowering, creative, customized techniques through which women unfold and share the glorious tapestry as part of the Greater Whole. Each thread of life blends with varying colors, frequencies and vibrations.

### Meditate, Who's got the time? & Mini Zen Garden

We will create a mini zen garden as we explore ways to fit meditation into our busy schedules.

### Chair Yoga

Tracey will guide a 55-minute introductory Chair Yoga class with movement and breathing exercises considered safe and accessible for most bodies - regardless of past experience and current mobility.

This will be a Gentle practice where all poses are done seated or using a chair for support. The postures offer awareness and space to the whole physical being with movement from the crown of the head to the tips of the toes. And we'll use the mindful breathing to invite more comfort and ease to the mental & emotional bodies as we witness and stay present for the moving energy of our thoughts and feelings. And from the that place of presence and state of body/mind alignment the path of the spirit may be seen more clear.

### Star Accordion Journal

If you are interested I will be sharing how to create a journal for a variety of uses. Fun and easy project!

### Fellowship with A Purpose

This segment embraces how the retreat may impact each individual as well as the group. The weekend is the beginning of what can expand and touch countless lives directly and indirectly.

### Unwinding & Body Dowsing

Join me in releasing cellular blocks in a fun and easy practice. Also learn to use Body Dowsing as a tool to ask your higher self if something is right for you. Is it in my best interest to eat gluten or purchase a car, etc.

### Accommodations

Room accommodations in the lodge are located on the second floor and have double beds. Each room has linens and towels, space heaters and fans. There are two full baths shared on the second floor and two baths on the first floor. Rustic lodging is available in our temple building. It is a large open space (unheated) and you will provide your own sleeping bag, air mattress or cot. There are plenty of linens and towels available. There is a toilet in the building but no running water. Meals are included for all attendees. If you require specific dietary needs, you must provide your own food.

## RESERVATION FORM

Reservation Type	Included	Cost	X
Full Retreat w/Lodging	All workshops, classes, free events, meals and lodging	\$222 pp	
Full Retreat w/Rustic Lodging	All workshops, classes, free events, meals and rustic lodging	\$175 pp	
Full Retreat/No Lodging	All workshops, classes, free events, and meals	\$160 pp	
Partial Retreat	Saturday Program	\$135 pp	

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

For more information call Nancy Parry at 207-458-6141

Check/Money order payable to: Temple Heights Spiritual Camp

Please mail your registration & check/money order to:

Phyllis Kenney, Secretary • 200 Ryder Road • Farmingdale, ME 04344