



“Replenish Rejuvenate Regenerate”
 5th Annual Women’s Weekend Retreat
 June 12 ~ 14, 2026
 Temple Heights Spiritual Camp



Join us for a fun-filled weekend that includes self-discoveries amid opportunities for improved physical and spiritual wellness, all while taking in the scenery of beautiful Penobscot Bay!

Offerings include Breathwork and Sound Healing, Shamanic Journeying, Finding Your Voice through Chanting, Balancing Your Chakras, Qi Gong, Drumming and Journaling. There may be a couple of surprises sprinkled in the mix as well. Immerse yourself in a friendly, healing, and safe environment.



RETREAT SCHEDULE – (subject to change without notice)

Date	Time	Event	Facilitator
Fri. 6/12/26	5:00pm	Arrival/Explore	
	6:15pm	Welcome, Weekend Overview	Nancy Parry
	6:30-8:30pm	Breath & Sound Healing Journey	Brenda Colfer
	8:45pm	Break & Snacks	
	9:15pm	Journaling & Social Time	
	10:00pm	Quiet Time	
Sat. 6/13/26	7:00-8:00am	Breakfast	
	8:15am	Welcome & Overview	Nancy Parry
	8:30-9:15am	Shamanic Journeying to Find Your Power Animal	Nancy Parry
	9:30	Break & Snacks	
	10-11:30am	Balancing Your Chakras	Kim McClellan
	12:00pm	Lunch & Free Time	
	1-2:30 pm	Finding Your Voice through Chanting	Marguerite Walker
	2:45-4:45pm	Qi Gong	Diane Doiron
	5:00pm	Dinner	
	6:00pm	“Feel the Power at The Point”	Nancy Parry
	7:00pm	Drumming- bring your own drum or rattle	All
	8:00pm	Break & Snacks	
8:30pm	Journaling & Social Time		
10:00pm	Quiet Time		
Sun. 6/14/26	8:00am	Breakfast	
	9:00am	Community Unity & Goodbye for now...	Nancy Parry
	10:30am	Church Service	

RESERVATION FORM (a \$100 non-refundable, deposit required by June 5, 2026)

Reservation Type	Included	Cost	X
Full Retreat w/Lodging	Full program, meals & lodging. (Note: special dietary needs cannot be met.)	\$300 pp	
Partial Retreat	Saturday Program	\$175 pp	

Name _____ Phone _____ Date _____

Address _____ Email _____ Phone _____

PAYMENT: Make checks out to Temple Heights Spiritual Camp and mail to: THSC, c/o Jean Bower, 159 Northport Ave., Belfast, ME 04915. For credit card payments visit templeheightscamp.org for PayPal link. FMI, contact Nancy Parry by email at spirittalker614@gmail.com or TEXT her phone (207) 458-6141. She will get back to you in a timely manner.