

Women's Healing Retreat in Red Hook, NY

Gillian Corcoran and Dorothy Hill
August 8, 2014



Women's Healing Retreat
"Forgive, Let Go, Begin Anew"
Saturday August 30th
48 Garden Street, Red Hook, NY 12571
Facilitated by Gillian Corcoran & Dorothy Hill

What a difference a day makes! Well, it can if we are willing to give ourselves the gift of one day – a time to pause and give loving attention to our inner journey, our inner selves. To spend such a day with like-minded women enhances the experience as we hold sacred space in a circle of trust for each other. This day is one of deep reflection, honest seeing and speaking, and willingness to forgive, let go and begin again.



Infinite love and light
Gillian Corcoran
www.peacesanctuary.org

One of the greatest obstacles to healing is lack of forgiveness – of self and the other, along with holding on to the pain of whatever occurred. I invite you to ask, "What needs to be healed in my life?" "What am I ready to let go of?" "Am I ready to do my part?"

We will explore how to forgive and let go through short presentations, sharing, written exercises, meditations and movement, including a labyrinth walk. By the end of the day we will have stepped into a new beginning.

The retreat will be held in the home of Dorothy Hill. Please arrive between 8:30 – 8:45 am for coffee / tea, as the retreat begins promptly at 9 am. Bring a bag lunch, dinner is provided.

Register by August 25 by sending a check for \$40 to Dorothy Hill, 48 Garden St. NY 12571. Please include your email as recommended reading and resources will be emailed upon registration. *The retreat is limited to 18 people and will close when this number is reached.*

For more information, contact Gillian

In Loving Memory of Marie-France Dougherty
Co-sponsored by "Three Sistas,"
Upstate NY Women's Federation for World Peace, & Peace Sanctuary

Link to page on website: <http://peacesanctuary.org/gpage4.html>