



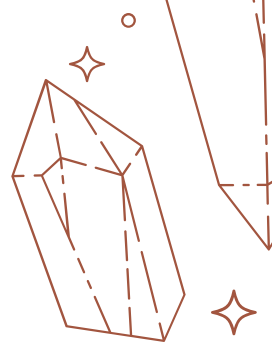
# NOURISH & NURTURE *Retreat*

## *Welcome*

Early April is the midpoint between Spring Equinox and May Day. Life is emerging from underground as we head into the brilliance of Summer Solstice. It is a time of fertility, rebirth, the initiatory energy of expansion. At the same time, we're still trying to navigate through the muddy trails of our current reality and find those pieces of ourselves that want to come through in this expansive and refined year of 2023.

We may find ourselves feeling stuck, yet also motivated by the forward movement and excitement in the air. Transformation and emergence requires us to remove ourselves from our current environment. It requires us to take a time out from mamahood and all the roles we play in life to immerse back into our essence, remember who we are, and move from a place of alignment with our deepest selves. When we gather in the presence of like-minded others, reflected in nature, in a container of love and support, we have an opportunity to go deep and rediscover the longing and yearning within. We are able to see the changes that need to be made so that we can return with fresh eyes and new inspiration.

# PRE-RETREAT *Contemplations*



These prompts are intended to support you as you prepare to enter retreat space - to provide an opportunity for reflection, contemplation, and acknowledgement of what wants to be released, created and transformed in your life at this moment in time. Use these only if they are supportive to you and your path.

In which aspects of your life do you feel stuck? What wants to move and grow? What wants to shift? What no longer serves your expansive, vibrant, creative self?

Limiting  
Factors

What is churning or gestating inside of you? What, within you, is longing and yearning to be seen and exposed? What aspect of you or endeavor wants to be born and more acknowledged in the world?

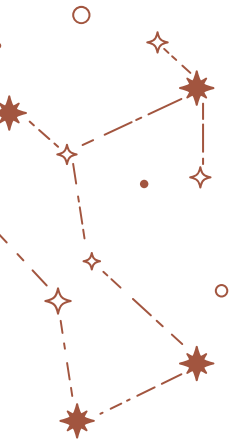
Dormant  
Potential

What do you desire? Paint the picture of your ideal life. What is the ultimate vision of how you want to be in this world?

Visions and  
Desires

# MOTHERS MOVING MOUNTAINS

## Manifesta



I celebrate the raw me,  
the sleepless, messy-haired, pajama me;  
the lunch-making, park-hopping, just wanna work out for 20-minutes me.  
That beautiful woman in the mirror, who gives all of who she is (and then some)  
to her children and her family.

I celebrate what lights me up  
like hot sex and chocolate  
and a good cappuccino after caring for a sick child all night.  
I get real about what makes me cringe  
like social injustice and tantrums and dirty dishes in the sink.

I celebrate what brings me nourishment  
like yummy skin care products, two-minute meditations,  
and inspiring ways to make my home sacred and chic.  
I alleviate what zaps my energy  
like media overload, sitting in traffic and repeating myself 800 times.

I celebrate the wild and untamed me  
The one who longs for full moon hikes, fresh mountain air, bonfires and salsa dancing  
I melt into the quiet, subtle, and vulnerable me  
The one who longs to be seen and acknowledged  
for all of my amazingness.

I believe that obstacles are opportunities, mistakes don't exist  
and that all great change requires my inner warrior to show up,  
Every. Damn. Day.  
I will never say no to sleeping in until noon.  
I dig free second-hand clothes  
And I will open a bottle of expensive wine, just to have one glass.  
I am not ordinary. I am extraordinary.  
And it takes an extraordinary tribe of mothers  
to move mountains.

