A Woman's Time Out

October 24, 2009 ~ 9 a.m. to 4 p.m.

A day-long retreat facilitated by Karen Drucker

In our busy lives when we spend so much time giving to others, when do we take time to take care of ourselves? Give yourself the gift of a day that is just for YOU. Join with Karen as she leads us in a day of chanting, music, meditation, and gratitude for all that has been and all that is yet to come.

We will be spending the day at the Muir Woods Community Center on beautiful Mt. Tamalpais, where we can enjoy and be part of the beauty of nature as we fill ourselves up with the awe and wonder of life. A catered lunch will be provided so that you can truly relax and make this a day for YOU!

The retreat will be from 9 a.m. to 4 p.m., followed by an optional hike to Muir Woods. Cost for the retreat is $75.00, and space is limited. To register, fill out and mail the registration form below with your check to:
Karen Drucker c/o Sue Faria, 6261 Lockwood Dr., Windsor, CA 95492

"A Woman's Time Out" Registration

Name: _____ Date: _____

Address: _____

Phone: _____ Cell: _____ E-mail: _____

Please make checks payable to Karen Drucker