

The Soul Messages© Retreat
at Sea Nest on Herrick Bay, Brooklin, Maine
Oct. 9-11, 2015

Please bring your unique, powerful self to nurture, heal, and grow your vision; define your next steps; empower yourself to transcend your unconscious limitations; rest, share and play.

Other stuff to bring:

- something to represent your heart for our HEARTh space
- art supplies if you have them (we will also supply)
- guitars, drums, flutes, and other musical instruments (we will also supply)
- toiletries
- extra blankets (we will provide towels, linens, pillows, and some blankets)
- hats, jackets, warm clothes, slippers
- sea kayaks if you want to paddle
- any special snacks or non-alcoholic beverages you can't live without

Arrive between 5:30-6:30 p.m. Friday
~OPENING CIRCLE begins at 7 p.m. Friday
~CLOSING CIRCLE ends around 11 a.m. Sunday, followed by brunch

We are intentionally keeping this gathering small--no more than 10 people, plus the facilitators.

To save a space, please pre-register by filling out the attached form and mailing the form and a non-refundable** deposit check or money order for \$150.00 to Eileen Mielenhausen at Healing and Expressive Arts Retreats of Maine by Oct. 5, 2015. The balance of your registration will be due at retreat check-in when you arrive on Friday, Oct. 9. [**In the case that the retreat is cancelled, your deposit check will be refunded.]

NOTE: Smoking, alcohol, and other intoxicants/drug use are not welcome on premises.

DIRECTIONS TO SEA NEST:

From Rt. 172 in Blue Hill, turn onto South St. at traffic circle and go past TradeWinds, Bay School, Barncastle, Parker Ridge. Turn left onto Falls Bridge Rd. (Rt. 175) towards South Blue Hill and Brooklin. Follow Rt. 175 into Brooklin (turns into Bay Road)--watch out for some sharp curves along the way. At the intersection by the Brooklin General Store, turn left onto Naskeag Pt. Rd. Follow Naskeag Rd. past Gypsy Ln. on right and Great Cove Rd. (sign for Wooden Boat School). Take next road on left, which is Hillside Rd. Go 1/10 mi to Periwinkle Ln. Turn left onto Periwinkle and follow gravel road down through woods. Stay right at fork where you see #57 on tree (sign for Nelson on left). Follow driveway down to the house. [If you pass Back Road, you've gone too far.]

Address: 57 Periwinkle Lane, Brooklin, ME 04616

Call Eileen at 441-2785 if you have questions or get lost.

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PRE-REGISTRATION FORM

First Name: _____ Last Name: _____
Mailing Address: _____
Town: _____ State: _____ Zip: _____
Home Phone: _____ Cell Phone: _____
Other Phone: _____ E-mail: _____

Cost: \$300 per person (\$285 if you register with a friend)

Number of people you are registering: _____ x \$ _____ each = \$ _____ [total amt. due]

Check #: _____ Check amount: _____ ***Balance of workshop fee must be paid at registration check-in. Your deposit is non-refundable, except in the case that retreat is cancelled.*

Other participants you are registering:

Name: _____
Street address/PO Box: _____
Town: _____ State: _____ Zip: _____
Phone number(s): _____ E-mail: _____

Accommodations:

- I can share a bedroom (sleeps 2-3 people)
 I would prefer a private room (we may not be able to accommodate all requests)

Note: There are 3 bathrooms, one on each floor. 1st and 3rd floors have tub/shower in bathroom.

Meals: 3 meals provided on Saturday, 2 on Sunday

- I have special dietary restrictions: _____
 I have no dietary restrictions.

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For more information – or if you have special needs or accommodations, please contact Eileen at (207) 441-2785 or at eileen.mielenhausen@gmail.com

→ Mail pre-registration form and deposit check to:

Eileen Mielenhausen
Healing and Expressive Arts Retreats of Maine
PO Box 1604, Blue Hill, ME 04614-1604