



The Expansive Self: A Women's Retreat with Cathy Black, M.A.



WHEN: June 7–9, 2019
The retreat begins Friday evening at 7pm and closes on Sunday afternoon at 4pm.

WHERE: Wellfleet Massachusetts, the heart of the Cape Cod National Seashore.

LODGING: Rooms are reserved at The Wagner at Duck Creek, a boutique hotel in Wellfleet village. Special rates are reserved for us until March 8.

PRICE: \$150 for the retreat. Lodging is additional. Bodywork sessions can be scheduled for retreat participants for an additional fee.

CONTACT US

Connect with Cathy Black for retreat information. 575-770-0472
info@lumoscenter.com
www.lumoscenter.com

Connect with Theresa Fallon for lodging and bodywork scheduling information.
theresa.massagetherapy@gmail.com



This is going to be such an exciting weekend! Our theme is the expansive self, a state of awareness where we sense a connection to that which is greater than ourselves. As we grow in trust of that connection with our inner being, we strengthen our ability to share and create with others from an authentic spirituality. We will have time for individual introspection and Being—time to reflect and enjoy ourselves relaxing by the ocean. We will also come together and support one another through meditation, improv movement and Intuitive Presence touch exercises. Together we will create a safe space to support personal balance, and find restoration and interpersonal connection. Join us to share, explore, and sit in the stillness of inner peace.



Cathy's teaching and energy create a space of safety, openness, transcendence and acceptance of everything. Her ability to allow everyone to come just as they are and be in that space, no matter what they may be feeling or in the middle of in their life, creates this doorway to finding your authentic self in a new way. I couldn't recommend her classes more, and simply knowing Cathy is a gift.

—EJ, Santa Fe, NM

Cathy Black, M.A. has been working in the healing arts since 1980. She is co-owner of the Santa Fe School of Massage and TaoSatva, a dance and healing arts center. Her latest venture, Lumos Center, offers meditation, retreats, and opportunities to cultivate intuition through subtle energy awareness. She lives in Taos, New Mexico.