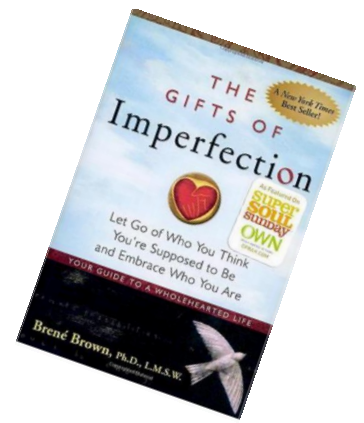


The Gifts of Imperfection



A Women's Soul Retreat

with Susan Mann and Sally Freed

December 6, 7, 8, 2019
Friday - 2:00pm
through Sunday lunch



Saint Andrew's House

<https://www.saintandrewshouse.org/>

7550 E. State Route 106
Union, WA 98592

In our beautiful setting overlooking the Hood Canal, you'll enjoy great conversation, six delicious locally-sourced chef-prepared meals, cozy rooms in a rustic, historic log lodge, majestic views of the water and the Olympic Mountains (weather cooperating), and free time to enjoy our inner and outer landscapes.

For more information, please email one of us, your co-facilitators –

Susan Mann, MS CDWF

www.susanmann.com

susan@susanmann.com

Sally Freed, MA CSCF

www.sallyfreed.com

sally.freed@gmail.com

*Connect with your essence
Contemplate and celebrate your gifts
Commit to your resilience and wholeheartedness*

Drawing on the work of New York Times best-selling author and researcher Dr. Brené Brown, you will –

- Explore the guideposts for wholehearted living, including how to cultivate:
 - Authenticity
 - Intuition and faith
 - Meaningful work
 - Resilient spirit
 - Creativity
 - Gratitude and joy
- DIG Deep (Get **D**eliberate; Get **I**nspired; Get **G**oing) and make commitments to integrate what you learn into your everyday life

Throughout the weekend, there will be quiet time for personal reflection, small group dialogue, and hands-on, fun creative activities using Soul Collage® and art journaling. No experience or artistic talent is necessary; we'll guide you and provide all supplies. You'll be surprised, and perhaps transformed, by the wisdom revealed in your creations.

Retreat cost includes two nights' accommodation and meals –

- \$975.00 for private room with private bathroom – SOLD OUT
- \$925.00 for private room with shared bathroom – SOLD OUT
- \$875.00 for shared room with shared bathroom

Enjoy a **\$50.00 discount** if you've attended a workshop led by **Susan** or **Sally** in the past OR if you register by **August 15, 2019**. A **\$200.00 non-refundable deposit** will hold your place at the retreat. Full payment due by **September 15, 2019**.

- Limited private rooms available on a first-come, first-served basis.
- You can make your deposit via the [PayPal link on Susan's website Events page](#)

Wholehearted living is not a onetime choice.

It is a process...the journey of a lifetime...

*Because we're human and so beautifully imperfect,
we get to practice using our tools on a daily basis.*

*In this way, courage, compassion, and connection become gifts –
the gifts of imperfection.*

Brené Brown