



# WOMEN'S RETREAT

MOTHERS, SPOUSES, LOVERS, SISTERS, FRIENDS, CAREGIVERS— ALL WILL HAVE THE OPPORTUNITY TO REPLENISH THEIR SPIRIT IN THIS SPECIAL RETREAT CREATED JUST FOR WOMEN. WE WILL FOCUS ON FINDING SELF-NOURISHMENT, HEALING, AND SUPPORT AS WELL AS ON HONORING ALL THE PHASES OF OUR DAILY LIVES.

**OCTOBER 9, 2011**  
**9AM—4PM**

\$50—\$100 per person.  
Sliding scale available.

Register online at  
[echoparenting.org](http://echoparenting.org) or call  
or email Azucena Ortiz at  
213.484.6676 ext 311 or  
[aortiz@echoparenting.org](mailto:aortiz@echoparenting.org)

The philosophy and practice of nonviolence in raising children is much more than just coping with each of the challenging moments that arise in our daily interactions with our children. It's also about having a community that supports our own process. This retreat will create a space to deepen our personal parenting practices,

nurture each other in healing from past hurts, and build support with the women in our community.

Please bring a bag lunch, drinks and snacks will be provided. Childcare will not be available.

*This retreat will be held at The Immaculate Heart Retreat House in Silver Lake.  
3431 Waverly Drive, LA CA 90027.*

RAISING CHILDREN WITH CARE. RAISING CHILDREN TO CARE.  
 **ECHO** PARENTING  
& EDUCATION