

## To register



Make cheque(s) or money order(s) payable to Shasta Martinuk and send with form below to P.O. Box 247, Bowen Island, BC, V0N 1G0

(please print)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone: (Day) \_\_\_\_\_

Phone: (Eve) \_\_\_\_\_

Email Address: \_\_\_\_\_

Food Allergies: \_\_\_\_\_

Vegetarian: Y  N

I would like a workshop in: \_\_\_\_\_

I could give a workshop in (optional): \_\_\_\_\_

I need a ride from: \_\_\_\_\_

I can offer a ride from: \_\_\_\_\_

Emergency contact's name: \_\_\_\_\_

Emergency contact's phone number \_\_\_\_\_

## Facilitators

Shasta & Brian and Sue & Dave hold space for storytelling, poetry, ritual, music, art and dance, in a way in which old friends can reconnect and new friends can meet in the spirit of wholehearted expression. They see this as a form of sacred play, which can lead to discovery, healing, inspiration and communion.

Shasta Martinuk is a drummer, singer, teacher, drum / song circle facilitator, and Certified TaKeTiNa teacher.



Brian Hoover is a musician, violinmaker, and men's group leader. His eclectic approach to life is reflected in his play and work. He is also a Certified TaKeTiNa teacher..

Dave Waugh (Wali) is a Wholistic Psychotherapist, Meaningful Life Design Mentor and Sufi Healer in Vancouver. He brings his gentle, playful spirit and experience as a storyteller and group leader.



Sue Cook (Wali) is a teacher who loves to share a deep sense of wonder for the known and the unknown with her students. Out of her dedication to connect mind, body, emotions and spirit Sue is working on her teacher certification in Uzazu, The Language of Energy.

## Women & Men Friends

A Soultime Retreat

*Consciously Celebrating Creativity*

February 24-26, 2012

Haven Retreat Centre  
Gabriola Island, BC



"Let the beauty we love be what we do. There are hundreds of ways to kneel & kiss the ground."

Rumi

## *Come play with friends in the field of creativity*

It is our nature to be free and to express that freedom through song, dance, storytelling, music and art. In this weekend retreat, we will gather together to create sacred and inspired experiences that encourage us to dive deeply, individually and collectively, to access and share our wisdom and gifts.

While participants are encouraged and welcome to take part in any and all activities, there is no requirement to do so. The weekend allows ample time and opportunity to walk with a friend in the forest, curl up by the fire with a book, or simply commune with oneself and nature.

The retreat takes place at the beautiful Haven Retreat Center on Gabriola Island, located right on the ocean front with a swimming pool, hot tub and many trails through the surrounding forest. See <http://www.haven.ca/participants-info> for more information on the location.

## *Camp fees*

includes

**2 nights accommodation and 6 meals**

**Earlybird rate up to Jan. 24, 2012**

sliding scale \$325 - \$500

**After January 24, 2012**

scale is \$398 - \$600

Please include a \$100 payment minimum with your registration to hold your place. Balance of payment must be made by January 31. Post-dated cheques okay, dated not later than January 31.

## *Refunds*

Full refunds will be made up to February 15, 2012. There will be a \$75 processing fee for cancellations between February 15 and February 22. **No refunds after February 22**, unless you find your own replacement.

## *What to bring*

Flashlight, hiking shoes, rain gear, swimming suits, earplugs; art supplies, toys, drums, instruments; any songs, poems or other writing you'd like to share.

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For more information, contact  
[shasta@rhythmkeepers.ca](mailto:shasta@rhythmkeepers.ca) or  
[brian@rhythmkeepers.ca](mailto:brian@rhythmkeepers.ca)  
or call 604-947-2283.

## *What previous participants have said*

"I liked everything but, to be specific, the facilitation was so excellent. Thank you, Shasta, Brian, Sue & Dave! ..... Lovely to have drums, flutes and singing bowls! Abundance of inspiration and connection."

"The weekend was absolutely wonderful! Thanks for all the work you do to create such a warm, safe, & creative space to gather and stretch."

"Amazing! Fantastic! Magical! It was a rejuvenating weekend."

"I loved the people that I have connected with."

"Participants have an opportunity to work with and share their unique gifts."

"I really appreciated the intro level workshops—drumming, harmony. I liked that there were many modalities of creativity, the openness of everyone, inclusiveness and accepting each person where they are at."

"It's been a weekend of new beginnings, taking risks, going beyond boundaries and experiencing joy."

"I truly cherish a safe environment where one can face fears around creativity."

"Coming home, I felt inspired and creatively passionate about my life purpose."