



Reflections:

A Healing Retreat for Women

*Hosted by Starting Point and Heartworks Studio in collaboration with Camp Belknap
This free event is offered to women who are survivors of domestic violence,
sexual assault, childhood sexual abuse, sexual harassment and stalking.*

Saturday September 24, 2011 from 10 am-5pm

At Camp Belknap on the shores of Lake Winnepesaukee

Lunch included

Schedule

10:00am-11:00am Welcome with coffee and tea

11:00am-12:00pm Qi Gong movement therapy with Caryn Clark

12:00pm-1:00pm Lunch and Relaxation

1:00pm-2:30pm Survivor's Healing Circle

2:30pm-3:00pm Walking Meditation

3:00pm-4:30pm Art Therapy Project

4:30-5:00pm Closing Circle

Interested participants must sign up by contacting Starting Point at 603-447-2494 or by e-mailing ptadvocate@startingpointnh.org.