

# A Summer Retreat *for Women*



with Ann Ladd & Linda Carroll  
and special guest presenter Lisa Wells  
*Livewell Studios in Corvallis*  
Find her at [livewellstudio.com/pages/instructors](http://livewellstudio.com/pages/instructors)

**August 8-12, 2018**

... and then the day came when the risk to  
remain tight in a bud was more painful  
than the risk it took to blossom.

-Anais Nin

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## A five-day Women's Retreat, held at Still Meadows Retreat Center

Time begins together with dinner  
on August 8 and ends after  
breakfast on August 12.

### Life Lessons From the Mat

- Balance is needed in everything
- Slow down and process
- Flexibility is an essential quality of life
- It all begins (and ends) with the breath
- Stay on your own mat

**FEE: \$1,320, includes shared room, meals and retreat**

(private room and massage available at an extra cost)

A \$275 deposit holds your spot / balance due July 8, 2018

### Registration Women's Retreat beginning August 8-12, 2018

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ E-mail \_\_\_\_\_

Payment method:

Check  Credit Card \_\_\_\_\_

Expiration date \_\_\_\_\_ Security Code \_\_\_\_\_

Authorized signature \_\_\_\_\_

**Fee: \$1,320**

Deposit \$275/person  
(non-refundable, non-transferable)  
**The full amount is due Jul 8**  
No refunds or transfers

Make check payable to:  
NWSC, Inc.  
1242 NW Hillcrest Dr  
Corvallis, OR 97330

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