



“Self Love through the Sacred Feminine”
A Women’s Retreat on Orcas Island with Jo Jayson
October 17-22, 2017

You are invited to join a unique gathering of interesting and inspirational women... healers, teachers, artists & entrepreneurs... a collective of wise women who are coming together for four full days of self-care, art, music, creative and catalytic conversation, held in nurturing settings on beautiful Orcas Island.

“Self Love through the Sacred Feminine” is designed by artist and teacher, Jo Jayson and hosted at Heartwood House by Gretchen Krampf. We have invited the gifted guidance of some of our favorite island teachers/healers to offer bodywork and ceremony.

*Our intimate gathering is limited to **ten invitees** and will be centered at Heartwood on Orcas, a waterview home in Eastsound, the main village on Orcas Island. Orcas is called the Gem of the San Juans and you’ll have many opportunities to discover her splendor. Moran State Park and Turtleback Mountain offer incredible hiking trails, waterfalls, mountain lakes and broad vistas.*

Our intention is to provide restorative and creative moments throughout our days together. You will be nurtured with a Morning Stretch, Meditation and Breakfast. There will be a Morning and Afternoon Session presented by Jo on her Thirteen Guides (see below)

Afternoons will be spacious, with optional Healing and Activity Offerings of Bodywork, Acupuncture, Reiki, Flower Remedies and Personal Intuitive Readings. A gifted collective of Women's Wisdom Guides and Bodyworkers, for individual afternoon sessions, will be available and we'll provide a menu of offerings upon Registration.

Guided Kayak and Nature Tours are also available on Saturday afternoon. Wander into Eastsound and enjoy our shops and galleries...or enjoy time in the sauna and hot tub and take a nap. Heartwood's Heron Garden welcomes you to renew your Spirit in the sauna and hot tub. This is YOUR TIME.

Delicious breakfasts and dinners are included, using fresh, locally-sourced products and produce, prepared with loving care and effort made to accommodate special dietary needs. Our team bring many years of culinary practice and they'll be designing our meals, featuring fresh, local produce and products. You can indulge in our Island's excellent restaurants for lunch, or self-cater at Heartwood.

After dinner we'll gather for Evening Circle, sharing reflections and insights from our day.

::THE FLOW of our DAYS TOGETHER ::

This four day retreat in the serenity and magic of Orcas Island, will be a unique opportunity to take time out of one's busy life and focus just on you. In these 4 days we will be learning the channeled Sacred Feminine wisdom and guidance to Self-Love. In morning and late afternoon workshops we will be following the path laid out in Jo Jayson's award winning book "Self-Love through The Sacred Feminine"

Each day we will be aligning with different aspects of the beautiful and life changing guidance of 13 Sacred Feminine archetypes Jo has channeled and painted. We will explore in depth these aspects of self-love and how so many of us struggle and suffer in our quest to love ourselves unconditionally. Offering love to oneself brings miracles and shifts into our lives that we can only imagine. As women we are the caretakers and compassionate vessels for humanity and yet too many women fail to offer that compassion to themselves.

This retreat offers you the space and time to connect deeply with yourself, to bond with 10 other women in sacred sisterhood and to connect with the magical healing energy of Orcas Island.

Tuesday evening - Arrive on Orcas Island by 6PM

7:00pm *Welcome Supper*
8:00pm *Opening ceremony and Circle*

Wednesday

7:30-8:30am *Morning Stretch*
8:30-9:00am *Meditation with Jo Jayson*
9:00 - 10am *Breakfast*

10:15 -12:30pm *Morning Workshop*

**GUINEVERE - Self respect and honoring the self*
**THE MAGDALENE -Unconditional Love & embracing & embodying the Sacred Feminine*

12:30-4:00pm *Lunch and Free Time*

bodywork/healing/channeled readings/walks/journaling

4:15-6:30pm *Afternoon Workshop*

**BRIGHID - Flowing with the cycles of womanhood and life*
**ISIS - Internal power -empowerment - taking your power back*

7:00 - 9:30pm *Dinner and Circle at Heartwood*

Thursday

7:30-8:30am *Morning Stretch*
8:30-9:00am *Meditation with Jo Jayson*
9:00-10:00am *Breakfast*

10:15-12:30pm *Morning Workshop*

**MARY THE MOTHER - self-comfort, asking for help & self-talk*
** JEANNE D'ARC - finding Faith, courage and strength*

12:30-4pm *Lunch and free time*

bodywork/healing/channeled readings/walks/journaling.

4:15-6:30pm *Afternoon Workshop*

- ***MIRIAM** - Choosing and accessing Hope & Joy
- ***GUAN YIN** - Forgiveness & compassion for others & self

7:00-9:30pm *Dinner and Circle at Heartwood*
NEW HARVEST MOON CEREMONY

Friday

- 7:30-8:30am *Morning Stretch*
- 8:30-9:00am *Meditation with Jo Jayson*
- 9:00-10:00am *Breakfast*

10:15-12:30pm *Morning Workshop*

- ***MORGAN LE FEY**- Embracing the light & dark in our lives
- ***ARTEMIS** - Independence, boundaries & focused intention.

12:30-4:00pm *Lunch and free time*

bodywork/healing/channeled readings/walks/journaling.

4:15-6:30 *Afternoon Workshop*

- ***KALI MA** - Allowing & understanding endings & beginnings, navigation the storms of life
- ***INANNA** - Disrobing false self & embracing sexuality/sensuality of being a woman

7:00-9:30pm *Dinner and Circle at Heartwood*

Saturday

- 7:30-8:30am *Morning Stretch*
- 8:30-9:00am *Meditation with Jo Jayson*
- 9:00-10:00am *Breakfast*

10:15-12:30pm *Morning Workshop*

- * **GRANDMOTHER SPIDER** - Becoming the Wise Woman, weaving the web of your own life.

CEREMONY & CIRCLE

Extended AFTERNOON as OPEN TIME for Kayak or Nature Tour

7:00-10:00pm *Celebratory Dinner and Closing*

Sunday

RETURN to SeaTac. Plan to take the FIRST FERRY off on Sunday morning and arrive at SeaTac by 11:30 AM. Please make return travel plans for 12:30 PM or after.

::CIRCLE GUIDES::



GRETCHEN KRAMPF is recognized as a catalyst for positive, proactive change, guiding individuals to create personal and professional success in their lives, families and organizations. A lifelong student of human potential, Gretchen is a certified coach, facilitator, business consultant and entrepreneur with more than thirty five years experience designing and delivering impactful programs and retreats for women. Heartwood on Orcas is her home and has been a center for inspired living, hosting Women's Wisdom Circles, Moon Lodges, community gatherings and family celebrations since 1989.

A 30 minute "Insights & Inspirations" session with Gretchen is included in your registration fee



JO JAYSON was born in the United Kingdom, and is a self-taught painter. She began her career as a muralist and decorative painter in London, Sydney, and New York. In 2008, she started working with the Divine Feminine energies. Since then, she has worked as a professional intuitive painter, channel, and teacher. Upon completion of her much-loved "Goddess Chakra Series," Jo went on to complete the internationally acclaimed "Sacred Feminine Series" of paintings depicting thirteen "Divine Feminine" channeled archetypes. The images and wisdom that Jo receives

and shares, has helped women all over the world find empowerment, healing, and inspiration. She is the author of the award winning book 'Self-Love Through the Sacred Feminine', the companion to her 'Sacred Feminine Guidance Cards and Guidebook'. Jo has spent six years teaching workshops and online courses for healing and self-development in the United States, and offers paintings, prints, meditation kits and CD's for physical and emotional wellness and empowerment.

A 30 minute "Intuitive Reading" with Jo is included in your registration fee

Additional 30 minute reading: \$45.00

Jo's art and healing products will be available for purchase and to order

REGISTER NOW



::RETREAT FEES & REGISTRATION::

The Retreat fee of \$595 includes Morning Movement & Meditation, Morning & Afternoon Presentations by Jo, a 30 minute Insight & Inspiration Session with Gretchen, a 30 minute Guided Reading with Jo, a journal, plus her new book, Self-Love Through The Sacred Feminine: A Guide to Self-Love Through The Paintings and Channelings

INCLUDES breakfasts and dinners at Heartwood and our closing Celebratory Supper at an Island restaurant. Lunches on your own.

EARLY BIRD DISCOUNT \$530 IF PAID BEFORE JUNE 30TH

A DEPOSIT of \$150 HOLDS YOUR SPACE :: BALANCE is DUE SEPTEMBER 30th

Travel to Seattle, Guest Accommodations, Outdoor Activities and Personal Sessions are ADDITIONAL and REQUIRE ADVANCED RESERVATIONS.



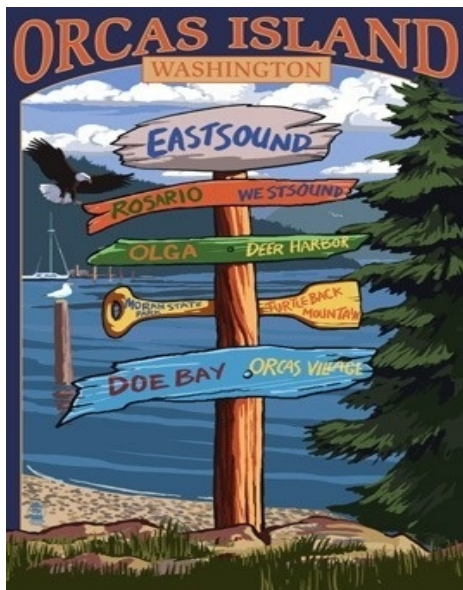
Outlook Inn

This waterfront inn is ¼ mile from Heartwood and an easy walk to the shops and galleries of Eastsound. The Historic Inn offers great value with Rooms that offer double occupancy, with shared hall bath :: Hotel Rooms are in the East Wing :: Or indulge your senses and stay in a Bayview Suite. Discounted Room Rates until September 1, 2017.

We need to book directly with the Outlook Inn. :: 360-376-2200 ::

Please let me know if you want to share accommodations and I will connect you with Griffin, the GM, to book.

IF YOU WANT TO LINGER LONGER, ADDITIONAL NIGHTS MAY BE AVAILABLE



::TRAVEL TO ORCAS ISLAND ::

If flying in and wanting to share roundtrip transportation to Orcas:

ARRIVE at SeaTac by 11:00AM on 10/17. There is the Airporter Shuttle from SEA/TAC to the ferry in Anacortes.

RETURN to SeaTac on Sunday, 10/22 Plan to take the FIRST FERRY off on Sunday morning and you'll arrive at SeaTac by 11:30 AM. Please make return travel plans for 12:30 PM or later.

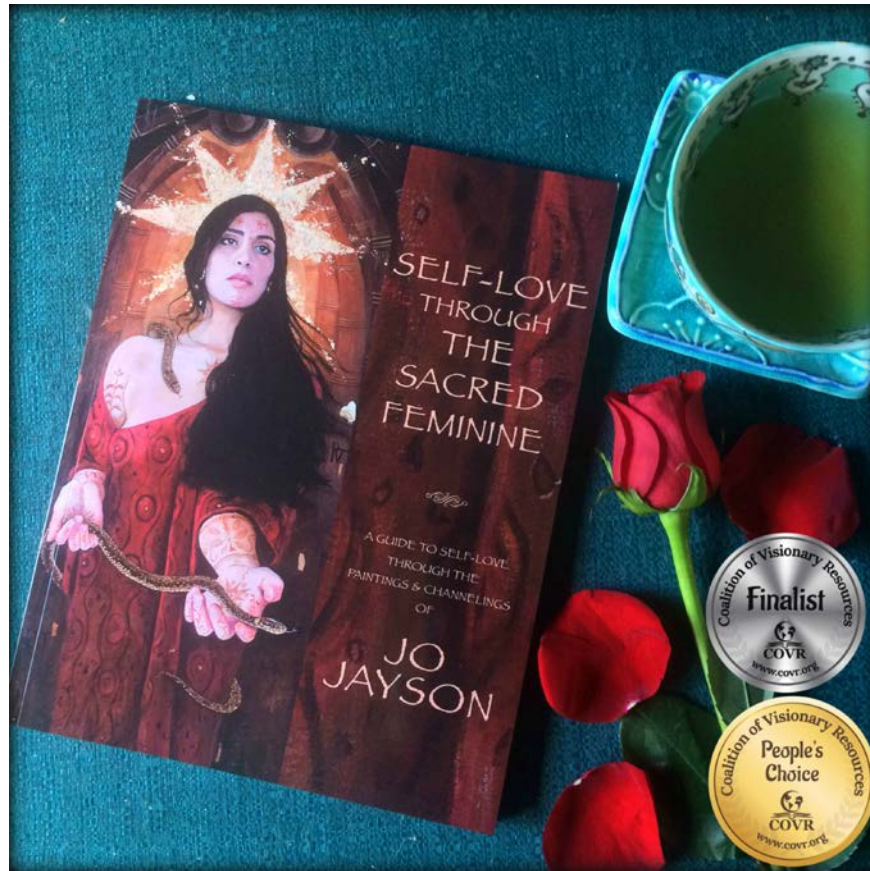
Kenmore Airlines flies from Seattle to Orcas. Boeing Field lands at Eastsound Airport. Lake Union (float plane) lands at Rosario Resort.

If driving from Portland, Seattle or Vancouver, BC area, take I-5 to Anacortes, WA the Washington State Ferry. You can make a roundtrip RESERVATION and I will send directions to Heartwood upon completed registration.

***Local Retreat Participants** are asked to arrive on Tuesday, October 17th by 6:00 PM at Heartwood House. We will close our Gathering on Saturday, October 22 with dinner at an Island restaurant.*



Hoping you'll say YES to our invitation and join us on Orcas Island for this incredible gathering of 10 Wild & Wonderful women.



REGISTER TODAY!!!

Gretchen :: Phone **360-317-8220** or Email gretchen.krampf@processexperts.com