

Reclaiming Myself

"A retreat for women who wish to rediscover, appreciate, and love their own uniqueness"



MIXIT
Tallahassee.com



Louise Ritchie, Ph.D.

What: Reclaiming Myself Retreat for Women

When: Saturday, February 20, 2010

10am - 4:30pm with an hour lunch

Where: The Oasis Center for Women & Girls

317 E. Call Street, Tallahassee, FL 32301

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\$30 early bird registration (before Feb. 15)

\$40 regular registration (after Feb. 15)

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\$15 early bird registration for anyone for whom

paying full price would be a hardship.

\$25 regular registration for hardship.

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To register contact: louiseritchie@aol.com or
info@mixittallahassee.com

*Registration necessary and includes refreshments.

Attendees must provide their own lunch.

Facilitated by Louise Ritchie, Ph.D., this is a special retreat for women of all ages!

Join us for a day of discovery, exploration, and celebration in a relaxed and supportive environment. Meet other women and make new friends while participating in a variety of contemplative activities including journaling, sitting and walking loving-kindness meditation, and guided discussions designed to help women of all ages identify and connect with what makes them wonderfully special. Using her creative, dynamic, and expressive spirit, Louise has conducted presentations and facilitated workshops at organizations and universities across the United States and in the Caribbean. A former clinical psychologist, she strongly believes that by befriending aspects of our personalities and life experiences that we have been hesitant to acknowledge, we open our lives so we attract people who embrace us just as we are and who welcome and appreciate what we can do to help create a better world.