



# Chrysalis Circle 2014

**Schedule** *(subject to change)*

Mon. June 23: 9 - 5 p.m. at Eloheh Ranch

Weaving the Circle - icebreakers and team-building

Yoga

Orientation to the land - find a "sit spot"

Lunch

Sensory walk – Trust, Intuition

Hiking Heart Mtn. - Intentions

Tues. June 24 : 9 - 5 p.m. (Drop off at Timberline Tours in Eagle; pick up at Eloheh Ranch)

Raft/Kayak: River as Life's Journey

- Timberline Tours raft guides with Chrysalis facilitators

Wed. June 25: 9 - 5 p.m. at Eloheh Ranch

A Day with Horses – What do horses have to teach us? What can we give back to them?

Visit Mountain Valley Horse Rescue and learn how we can communicate with and help heal abused animals. Visualization techniques and equine massage will be introduced.

Lunch at the horse ranch.

Journaling, mask-making and activities around Resiliency

Thurs. June 26: 9-5 p.m. (Drop off at Minturn USFS parking lot, Minturn exit I-70; pick up at Eloheh)

Rock Climbing - learning trust, courage, teamwork, communication

- Adventure Travel Guides International climbing outfitters with Chrysalis facilitators

"I Am" wisdom - strengths, voice, values, goals

Fri. June 27: OVERNIGHT! 9 a.m. drop off at Eloheh Ranch

Yoga

W.A.B.E. (Will+Awareness+Belief=Experience); Learning emotional wisdom and choice

Creek Play - rock sculptures

Lunch

S.E.E.K. - Learning non-violent communication skills; deep listening practice

Journaling

Set up camp, Make dinner together , Games, Campfire

Sat. June 28:

Breakfast and clean up camp.

Yoga

Sharing our wisdom

Closing circle (12:00 pm close)

Led by Susie Kincade, life coach and mentor, Transformational Wilderness Coach and Ann Hackney, teacher with Feet on the Earth school in Boulder, guide and mentor. Climbing, Rafting and Horse activities are co-led by professional, insured outfitters. Learn more at [www.womenempower.us](http://www.womenempower.us). or call Susie 970-328-5472. Space is limited - reserve your place today!