

# Legacy and Letting Go

## A Virtual Women's Soul Retreat

Dec. 3-4, 2021

Co-facilitated by Susan Mann and Sally Freed

We've never experienced anything like what 2020 and 2021 delivered. As we look to the end of this year and see a new one – 2022 – on the horizon, give yourself the gift of a mindful pause. The winter season is a natural time to go inward, slow down our pace, and reflect. December reminds us that growth and renewal depend upon a season of darkness and letting go. During our time together, we'll explore the themes of **'Legacy and Letting Go'** in each of our lives:

- What light from our ancestors continues to shine through us?
- What wisdom have we gained from life's experiences?
- What parts of our old selves and old routines might we release to make way for the new?
- How do we embrace the gifts as well as relinquish what no longer serves us?

We'll share meaningful dialogue and enjoy creative activities including **SoulCollage®**, decorating a small shrine or memory/intention box, and poetry reading.

### Intentions:

- Gather in a safe space with like-minded women to learn together and support each other.
- Celebrate gifts, traits, teachings we've received from our ancestors, mentors, family and friends....even our pets!
- Honor and let go of aspects of who we are that no longer serve us, or that may be limiting our growth.
- Name the legacy we hope to leave for others and the vision that's calling us into 2022.

We hope you'll join us for a mind, body, and soul-nurturing gathering this winter!

**Susan Mann, MS PCC**

[www.susanmann.com](http://www.susanmann.com)

**Sally Freed, MA**

[www.sallyfreed.com](http://www.sallyfreed.com)

### **WHEN?**

- December 3, 2021 – Friday – 4pm to 7pm PST\* **AND** December 4, 2021 – Saturday – 9am to 3pm PST\*

\*For optimum participation, we invite women who will dial in within three hours plus or minus Pacific Standard Time Zone. Example: if you live in Hawaii, on the East Coast, or anywhere in between, we'd love to have you join!

### **WHERE?**

- We'll gather virtually (via Zoom) from the comfort of your own home.

### **FEES?**

- \$350 USD – includes professional facilitation, SoulCollage® and other creative supplies, and shipping.
- Limit of 12 guests – a \$100 non-refundable deposit holds your spot. First come, first served.

### **READY TO SIGN UP?**

- Email [susan@susanmann.com](mailto:susan@susanmann.com) and she'll send a link to register with your deposit.