



Join **Susan Mann** and **Sally Freed** for a virtual women's retreat based on the *New York Times* best-selling book, ***The Gifts of Imperfection***, written by author and researcher **Dr. Brené Brown**. We'll also experience the creative and intuitive process known as **SoulCollage®**. Together we'll explore and honor the transitions taking place in our own lives, and discover how play, rest, and creativity can help us navigate our own **Seasons of Change**.

As we transition from spring to summer, our days lengthen with **the healing power of the sun**. We're also slowly emerging from a period of darkness brought on by the global pandemic, a time that has brought change, fear, and uncertainty. We hope you'll join us for this creative, spirit-lifting retreat and invite some refreshment, renewal, and **lightness** back into our lives.

When: Friday, June 19 1:30 pm – 4:00 pm PDT
Saturday, June 20 12:30 pm – 3:00 pm PDT

Where: From the comfort of your own home – we'll gather via Zoom!

Retreat Fee: \$175 - Receive a **10% discount** if you're a prior guest of Susan and Sally's retreats or workshops.

What's included:

- A copy of ***The Gifts of Imperfection*** by Brené Brown
- **SoulCollage®** starter kit and guided instruction – no artistic background necessary
- Thoughtfully planned homework to cultivate play, rest and a 'light' spirit
- Inspirational post cards and additional resources for guidance and reflection
- Opportunity to connect with a thoughtful group of women and a 'retreat buddy'

Space is limited to 8 retreat guests, on a first-come, first serve basis.

Ready to sign up? **Reply by June 9th** to sally.freed@gmail.com with a **"YES, I'm all in!"** Sally will contact you and provide a link to pay your registration fee on-line.

www.susanmann.com

www.sallyfreed.com