

The Chrysalis Group Presents

Carol Jacobs and Keren Vishny

Whispers of Spring



Spring Awakening: Women's Weekend Retreat at Shalom House in Montpelier, VA

Leave home and winter behind and join Carol Jacobs and Keren Vishny for this restorative weekend retreat for women in Montpelier.

Reflection, conversation, artistic expression and gentle body movement will serve as our vehicles for a conscious experience of the wonder of our soul and bodies. Using dreams and the poetry of Mary Oliver as reference points, we will explore and celebrate the creative life energies emerging in each of us with the approach of spring. This retreat format draws inspiration from Carl Jung and *BodySoul Rhythms*[®] as developed by Marion Woodman, Mary Hamilton and Ann Skinner. Register early-space limited to 25.

Date: Friday-Sunday, March 16-18

Time: Friday registration opens at 5 p.m.
Program ends Sunday at 1 p.m.

Location: Shalom House
15340 Robert Terrell Rd., Montpelier, VA, 23192

Cost: Members: \$250 double occupancy
\$300 single occupancy
Non-members: \$300 double occupancy
\$350 single occupancy

- * Registration fee includes meals and lodging
- * \$15 early registration discount (by 1/31)



"For truly the body needs a song, a spirit, a soul. And no less to make this work, the soul has need of a body."

~ Mary Oliver

Carol A. Jacobs, MSW, LCSW, is a Licensed Clinical Social Worker with 28 years of experience as a psychotherapist. She has a private practice in Ashland, Virginia. Carol is a Trustee of the Marion Woodman Foundation Board and has completed the *BodySoul Rhythms*[®] Leadership Training Program. She is also a faculty member for the Center for Mind-Body Medicine in Washington, D.C.

Keren Vishny, MD, MA, is a Jungian-oriented psychotherapist practicing in Winnetka, Illinois. Keren is also a physician, with a strong interest in mind-body connections. She practiced Internal Medicine and taught at Rush Medical College before retraining in psychotherapy. In 2007, she completed the *BodySoul Rhythms*[®] Leadership Training Program. Keren serves as Executive Vice Chair of the Marion Woodman Foundation.

The Chrysalis Group is a non-profit organization offering opportunities to explore the spiritual dimensions of life.

www.thechrysalisgroup.com

For more information or to register, visit our website www.thechrysalisgroup.com, call 804-359-0384 and leave your name and contact information, or send your registration payment to Chrysalis, PO Box 7014, Richmond, VA, 23221.