

Weekend Morning Activities

Offered Saturday & Sunday Morning

You are not required to sign up for these activities with the registration form. If you intend to join one of the following activities please bring a towel or mat.

Morning Stretch —

Maryanne Williams will lead this peaceful and relaxing way to start off your day. Morning Stretch will take place on the beach. Please wear flexible clothing.



T'ai Chi Chih® —

Taking place simultaneously with the morning stretch, T'ai Chi Chih is a great way to learn the joy of easy movement. It will help you to become rooted, more balanced, steady and focused. No special clothing necessary.

Extra

Pamper yourself with a relaxing, soothing massage or skin consultation. Sign-up sheets will be available upon arrival. Services will be scheduled on a first come, first served basis. **Massage and Skin Consultation times will occur simultaneously with the workshops.** Payments will be taken at the time of the service; **only cash or check will be accepted.**

Massage — All massages are \$60.
Skin Consultation — Fresh Faced Skin Care Consultation with Erica Suppa is \$20 for up to 30 minutes.

Women's Wellness Weekend

Schedule

Friday Evening:

Registration	4:00 p.m.
Dinner	6:00 p.m.
Weekend Welcome Social	7:15 p.m. 8:30 p.m.

Saturday:

Tai Chi/Yoga	7:15 a.m.
Breakfast	8:00-8:45 a.m.
Keynote Address	9:00-10:00 a.m.
Session 1	10:15-11:45 a.m.
Lunch	12:00 p.m.
Session 2	1:30-3:00 p.m.
Free Time	3:00-5:30 p.m.
Dinner	5:30 p.m.
Mass	6:45 p.m.
Social "Luau"	8:00 p.m.

Sunday:

Tai Chi/Yoga	7:30 a.m.
Brunch	8:30 a.m.
Session 3	9:30-11:00 a.m.
Closing (in Chapel)	11:15 a.m.

Themed Social!

Saturday Night

It's a Luau!

Grab your grass skirts, leis and Hawaiian inspired clothing for a night in the tropics!



Sisters of
Saint Joseph™
 CHESTNUT HILL • PHILADELPHIA

Join Us

for the

10th Annual

Women's Wellness Weekend 2017



June 2 - 4
 and
 September 8 - 10

Proceeds benefit the Retired Sisters of Saint Joseph • Chestnut Hill • Philadelphia

Saint Mary by-the-Sea Retreat House

101 Lehigh Avenue
 Cap May Point, NJ 08212

This Year's Keynote Speaker: Sister Mary Barrar SSJ

Sister Mary Barrar SSJ, is a Sister of Saint Joseph. Sister has served in a variety of ministries in her life as a Sister of Saint Joseph. She has taught in elementary and secondary schools, and served in both spiritual and parish ministries. Presently, Sister serves as a Pastoral Minister at Saint Anastasia Parish in Newtown Square, PA.



Life's Journey: A Search for the More
 What is the more you search for in life? How do we become persons fully alive in God? We will explore life's journey to wholeness and holiness as ways to uncover some answers to these questions.

About Saint Mary by-the-Sea

Saint Mary by-the-Sea was built in 1889 as the Shoreham Hotel and purchased by the Sisters of Saint Joseph in 1909. Over the years, electricity and other improvements have been made, however, the historic structure at Saint Mary by-the-Sea does not provide a safe environment for persons with limited mobility. Regretably, we are not able to accommodate persons who use walkers, mobility scooters or wheelchairs.

Each summer, an army of Sisters, Associates and friends volunteer to clean the house, cook and help retreats run smoothly. Learn more at www.stmarybythesea.org/smtbs.

Saturday

Session 1 — 10:15-11:45 a.m.

- **Art: Arts & Crafts — Color Wonder** — Joette Metzler
- **Finding Work-Life Balance** — Michelle Neyland
- **Enhance Your Life With Aromatherapy** — Linda Weihbrecht
- **Mythology and Feminine Archetypes** — Lennie Perrot
- **Your Lymphatic System — What It Is, What It Does, and What You Can Do to Support It and Your Health** — Carol Dougherty RN MQP CNHP
- **Finding Your Intuitive Self, Cultivating Your Relationship With Your Soul and Our Divine** — Alana Coppola

Session 2 Saturday 1:30-3:00 p.m.

- **Give Me Your Heart...And I Will Give You My Eyes** — Sister Julie Ferstch SSJ
- **Writing From the Inside Out** — Christine McKee (JUNE)
- **Prajna & Heightened Awareness** — April Leffler (SEPT.)
- **Art: Arts & Crafts — Color Wonder** — Joette Metzler
- **Finding Work-Life Balance** — Michelle Neyland
- **Enhance Your Life With Aromatherapy** — Linda Weihbrecht

Sunday

Session 3 — 9:30-11:00 a.m.

- **Mythology and Feminine Archetypes** — Lennie Perrot
- **Your Lymphatic System — What It Is, What It Does, and What You Can Do to Support It and Your Health** — Carol Dougherty RN MQP CNHP
- **Finding Your Intuitive Self, Cultivating Your Relationship With Your Soul and Our Divine** — Alana Coppola
- **Give Me Your Heart...And I Will Give You My Eyes** — Sister Julie Ferstch SSJ
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Workshop Descriptions

Art: Arts & Crafts — Color Wonder — Joette Metzler

Explore the depths of your spirit and imagination through the art of coloring pages, from nature scenes and flower mandalas to inspiring words and more. Coloring and patterning promote relaxation and are meditative activities that spark your creativity and self expression. Also in this session you will learn how to craft your own rosary bracelet that's unique to you!

Enhance Your Life With Aromatherapy — Linda Weihbrecht

Participants will explore the benefits of essential oils and aromatherapy as a tool for their wellness toolbox. Safe use of essential oils will also be covered. All participants will create their own personal aromatherapy inhaler to make and take with them. Introductory Aromatherapy Booklet and Aromatherapy Inhaler included in the workshop.

Finding Work-Life Balance — Michelle Neyland

Do you wonder why you don't often have time left over for the important things? Do you feel worn out or stressed? Do you need greater balance in your life? Join us for an energizing workshop pairing yoga postures with inner work by Michelle Neyland, Director of Find My Balance Wellness Center. At the end of our time together, you will have outlined steps you can take to achieve a balanced, joyful life. The class includes a gentle, chair-based yoga practice, interactive work-life balance worksheets, and a guided meditation. It is appropriate for all levels of yoga experience, and you are welcome to wear regular clothes instead of exercise clothes.

Finding Your Intuitive Self, Cultivating Your Relationship With Your Soul and Our Divine — Alana Coppola

During this class you will be empowered with the tools to be aware and connect to your intuition. Heal and shift the energy of your feelings and emotions. Learn how to listen to your body/soul, for it is always speaking to you. Expand your heart and consciousness by living in the NOW and being present in each moment. Enhance and raise your souls vibration with Our Divine.

*** Please bring a notepad and pen ***

Give Me Your Heart...And I Will Give You My Eyes — Sister Julie Fertsch SSJ

In *The Divine Milieu*, Teilhard de Chardin wrote, "God is as pervasive and perceptible as the atmosphere in which we are bathed. What prevents you from enfolding God in your arms? Only one thing—your inability to see." Come for a session of reflection, prayer, sharing, and fun as we learn to see anew the many ways that God is at work in our lives. You will leave with a more profound awareness of and insight into a loving God who shows up in every one of our life's pictures and who never leaves us alone.

Mythology and Feminine Archetypes — Lennie Perrot

In this workshop we're going to take a journey into women as exemplars of the ancient Greek goddesses. You will learn what an archetype is and how the seven major Greek goddesses live in us today. We'll do an exercise so you can identify which goddess you are most like. You will have an opportunity to see how to carry your own particular goddess gifts into the world.

Prajna & Heightened Awareness — April Leffler

SEPTEMBER ONLY

Prajna - Innate wisdom. Heightened Awareness — Being mindful of the present moment with regards to how we are feeling, what we are thinking and what we are doing as it occurs...moment to moment.

Does your mind typically have you by the short hairs? (e.g. racing, worrying about the future, fretting about the past.). Come and experience ways to quiet the mind and listen to that still small wise voice inside.

Writing From the Inside Out — Christine McKee

JUNE ONLY

Some artists use paint to create art, others use words. Join me in this heart-to-pen-to-paper experience as we explore the Magnificat and Psalms as ancient forms of poetry. Throughout the ages, people have written poetry to express their wonderment, to reflect on everyday life, and to exorcise demons that try to turn us away from Love. In this workshop, you will listen, reflect, write, and (if you are comfortable) share your poetry with others in this safe and encouraging environment.

Please bring a tablet and pen

Your Lymphatic System — What It Is, What It Does, and What You Can Do to Support It and Your Health — Carol Dougherty RN MQP CNHP

In this workshop, you will gain a better understanding of your lymphatic system and how it pertains to your health. The Lymphatic System is part of our microcirculation and our microcirculation accounts for 74% of our circulatory system. Keeping this microcirculation flowing is one of the keys to good health. We will be learning how to improve your lymphatic flow and circulation in the body with simple everyday tips of diet, Qigong exercises, Essential Oils and dry brushing. These techniques can be used by healthy individuals or someone suffering from chronic diseases.

Contact us with questions:

1-800-482-6510

development@ssjphila.org