



# Inspired Presence

*A bold, fun exploration of your authentic self in action*

What is your vision for yourself and for women in this changing world?

Do you yearn to build a community with like-minded women to explore, create and bring forth sustainable choices?

Are you willing to take action now to create a better world for our children?

What would be different in your life if you viewed power as effective and creative action?

Are you ready to explore barriers to your authentic self to create a life and world you can deeply and joyously live in?

## *Who should attend*



Women who are feeling the urgency for change and are ready to take action by

boldly exploring their authentic vision for their lives

Women who want to embrace their feminine energy and bring it more powerfully into the world

Those who enjoy being in community with like-minded women and yearn for time for deep relaxation and reflection

## *What you'll come away with*



A somatic approach to embodying a new way to be with your Self

Practices that support stepping into your power to create a new direction for your life, family, community and the planet

Deeply moving experiences with somatics, art, dance and ceremony

Take-home practices to sustain the growth and awareness accessed during the retreat

Connection with community for ongoing support

*Upper Lake, CA*

*October 8-11, 2009*

# Inspired Presence Workshop

October 8-11, 2009

Join Madeline Wade, Master Somatic Coach, and Sandy Sagraves, Somatic Coach and Recreation Therapist, for a fun, practical, deeply inspiring exploration of our calling to contribute to life now. Using powerful somatic practices — and drawing on feminine wisdom — we'll journey together to cultivate a deep awareness of our true power and presence.



*We'll gather at the Saratoga Springs Retreat Center*



The workshop will be held at the Saratoga Springs Retreat Center in Upper Lake, California.

The center is nestled in a private 260-acre pristine valley, in the beautiful rolling hills of Northern California, 2 1/2 hours north of the San Francisco Bay Area.

For full details about the workshop, including registration, please visit [www.madelinewade.com](http://www.madelinewade.com).

*Early-bird price \$695 until August 31*