

# Shequaga 2011 Camps and Retreats

## June 24-26 MEDICINE CIRCLE: Vision Quest for Women

with Tracy Bell and Carol McCoon

A **Medicine Circle** creates a space for you to experience in solitude a deeper connection with yourself and with the whole circle of life that surrounds you. Preparation for this sunrise to sunset vision quest will be made in the form of cleansing and releasing rituals, talking circle, and hiking out on the land. When you enter your circle, you will be free of the usual clutter so you can open up to a deeper part of yourself, to nature as teacher, and to spirit. A day of creating ritual art, group process and ceremony will help you find ways to integrate your experience into your daily life. A solo quest such as this can help you find direction as you move through the many transitions that life brings. It connects you more deeply to the pulse of life itself and brings you into good relationship with yourself and all of life around you.

**TIME:** Friday June 24 (10AM) to Sunday June 26 (3pm)

**COST:** \$220 indoors/\$200 camping (limit of 12 participants, all meals provided)

**REGISTER BY:** June 10 with a deposit of \$100.

## July 22-24 MOTHER-DAUGHTER EARTH SCHOOL Camp

Carol McCoon, MS,LMT, Claire Haggerty, RN, Connie Saffan, Susan Dobroski

When mothers and daughters share the same deep experience of community in which each person, regardless of age, is honored for their gifts and wisdom, magic happens! Through loving community with ourselves, each other and the Earth, we learn how to be who we really are and skills to take home that enhance the mother-daughter relationship within the family. Children spend time in age-clustered hoops as well as whole-community activities. Mother's hoop engages in similar learning and activities that address mothering concerns as well as self-growth. Come play with us in the beauty of nature!

**FOR:** Mothers, grandmothers, aunts (or other caring female adults) and girls, ages 5-14

**TIME:** Friday July 22 (10AM) to Sunday July 24 (noon)

**COST:** \$280 indoors/\$250 camping for adult and first child

\$85 indoors/\$75 camping for a second or third child (All meals provided)

**REGISTER BY:** July 3 with a deposit of \$140

## Aug 26-28 Creative Journeying Retreat

with Robin Whiteman

Come escape from the muggle world and enjoy a weekend of sacred art, sharing, delicious food, and the wild beauty of Shequaga. Music and shamanic journeying will bring us deeper into ourselves and the creative process as we play with a variety of art materials. In addition to creative journeying, Participants

will have an opportunity to choose from several craft projects over the course of the weekend. Plenty of time will be allowed for swimming, journaling, hiking, and enjoying community.

**TIME:** Friday, Aug 26 (7 pm) to Sunday Aug 28 (noon)

**COST:** \$220 indoors/\$200 camping (All meals provided)

**REGISTER BY:** Aug 12 with a deposit of \$95

## **Events at Shequaga sponsored by other groups**

### ***Boys To Men Rite of Passage Adventure Weekend - July 8-9***

The Boys to Men Mentoring Network offers teenage boys a Rite of Passage Adventure Weekend. The Journey into manhood must not be left to chance. Our program provides a challenging, yet safe path into manhood, through a weekend and a year-long mentoring relationship using deep introspection, in a high-trust setting. Boys learn emotional awareness, anger management training and communication skill building. We offer individual and team outdoor physical challenges and connection with the natural and spiritual worlds. The result is a JourneyMan supported in choosing a life of mission, commitment, and accountability. Contact Weekend Coordinator, Michael Fallon (585)233-3349 for more information and visit our national website [www.boystomen.org](http://www.boystomen.org)

### ***Empowered Girl Weekend: An Intensive Weekend Experience for Teen Girls - July 15-17***

This will be a safe and sacred time for teen girls to identify themselves as beautiful, powerful, and valuable young women. Upon completing their weekend, mentors will be paired with the girls to affirm them by accepting and admiring them for who they are, by encouraging them to be all they can be, and by providing a safe place to share the details of their Journey. For more information contact Natalie at 657-4484

### ***On the Winds of Change: An annual women's ritual bringing power and meaning to the passages between the many stages of our lives. Aug 19-21***

On the Winds of Change is a sacred ceremony designed to bring the power and meaning back to the life passages of women. This weekend-long ritual celebrates who we are, where we are in our lives, and reaffirms our connection to each other. This weekend is powerful for every woman and is especially designed to honor women as they mark a decade. So if you are turning twenty, thirty, forty, fifty, sixty, or seventy in 2011, come and bring a handful of your closest friends. To find out more information and receive a 2011 brochure, please contact Donna Watelet Miller at

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To schedule your private retreat or gathering at Shequaga call (585) 924-5620 or email us at [circleincoffice@aol.com](mailto:circleincoffice@aol.com)