

20th Anniversary
Brandywine Center Women's Retreat
in collaboration with
Carol Arnott, CFP, CDFA, ChFC of [Greenville Financial Group](#)
and **Michele Hensey** of [Tulaa Yoga Studio](#)

Saturday April 4, 2009

8:00 AM - 12:00 PM

[Arden Gild Hall](#)

**2126 The Highway
Arden, DE 19810**

Fee: \$15.00 *

**Scholarships are available. Just ask.*



It's always a good idea to take care of ourselves, but considering the state of our economy and the challenges many of us are facing, it is even more important that we invest in ourselves and our well-being. To this end we are focusing this year's Women's Retreat on the power of mindfulness to help reduce stress in our lives.

Schedule:

8:00 AM - 8:30 AM Registration

8:30 AM - 9:45 AM Yoga for Every Body with Michele Hensey

Michele will teach a gentle yoga class focused on breathing and asanas (poses) to release tension. Absolutely no experience necessary. In yoga class, we are all students.

9:45 AM - 10:00 AM Welcome and Continental Breakfast**10:00 AM - 10:45 AM Minding our Money with Carol Arnott**

Carol will discuss how minding our money is an essential form of self-care. As women we tend to avoid dealing with money, leaving money management to others. This workshop helps us understand some of the emotional issues around money and what we need to do to learn how to better manage and invest our money for short and long term security.

11:00 AM - 11:30 AM Mindfulness in Everyday Life with Robin Sesan

Robin will discuss what mindfulness is, ways we distract ourselves from the present, the costs of such distractions and how to begin the practice of mindfulness in our lives.

11:30 AM - 12:00 PM Mindfulness Meditation

Nan Schiowitz and Cherie Weiss close the retreat with a practice in mindfulness meditation followed by a discussion of taking mindfulness home.

Please join us on April 4th, register early . . .

and don't forget to:



[About The Brandywine Center](#)

Registration (copy and print)
(please print clearly!)

Sign me up for The Women's Retreat!

Name: _____

Email : _____

Phone: _____

Fee: \$15.00

_____ **Check payable to The Brandywine Center enclosed**

_____ **Please charge my credit card (Mastercard or Visa only)**

Account #: _____

Expiration Date: _____

Signature: _____

Send registration and payment to :

Caroline MacMoran, Ph.D.

The Brandywine Center

2500 Grubb Road
Suite 240
Wilmington, DE 19810

Do we have permission to share your email address with:

Tulaa Yoga Studio Yes _____ No _____

Carol Arnott Yes _____ No _____

The Brandywine Center Yes _____ No _____

IMPORTANT: Please dress in comfortable clothes that allow easy movement. If you have a yoga mat, please bring it with you!

- _____ I will bring my own yoga mat
- _____ I will purchase a yoga mat at the retreat (cost about \$14.00)
- _____ I will need to borrow a yoga mat

Refund policy: Due to the low cost of this event there will be no refunds for cancellations/no shows.

Questions: Email us at thebrandywinecenter@comcast.net or call Caroline MacMoran, Ph.D. at (302) 475-1880 #3.

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