



Unity Women's Retreat At Pilgrim Lodge

Friday, September 28, 5:30 p.m.
Through
Saturday, September 29, 4:00 p.m.

\$100 includes 3 meals & lodging
Registration and \$50 deposit due
by Sunday, August 19, 2018.

Full payment due September 16, 2018.
(no refunds after September 16)

Make checks payable to
Unity of Greater Portland.

Mail to:
Unity of Greater Portland
54 River Road, Windham, ME 04062

Credit card payments accepted in person or
via phone.
Call UGP at (207) 893-1233

Pilgrim Lodge



103 Pilgrim Lodge Lane
West Gardiner, Maine 04345
www.pilgrimlodge.org

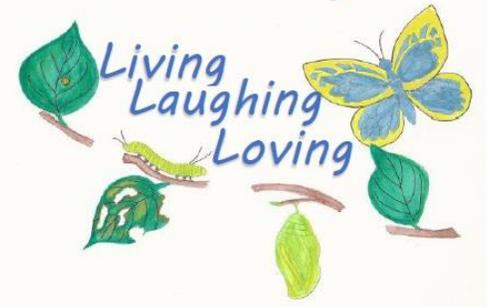
*Live like you are extraordinary.
Love like you admire someone's
most painful burden.
Breathe like the air is scented
with lavender and fire.
See like the droplets of rain
are each exquisite.
Laugh like the events of existence
are to be cherished.
Imagine like there is magic
in your fingertips.
Give freedom to your instincts, to your
spirit, to your longing.*
E.M. Crane



54 River Road, Windham, ME 04062
www.unitygreaterportland.org



Y.E.S.
Your Evolving Self



Women's Retreat

Friday-Saturday
September 28-29, 2018
Pilgrim Lodge

In 1998, Eva sustained a traumatic brain injury in a head-on car crash that altered her life forever. Over the many years it took her to recover from that accident, she started receiving messages from Spirit about why she survived the experience, and how she was going to be of service to the world in a future she never would have imagined.

She had two passions in her life prior to 1998. One was teaching, the other was exploring spirituality and the infinite possibilities she saw in manifesting a life for herself that would contribute to the healing of the planet. After her car accident, it became clear that she was supposed to merge her two passions into one. She began creating programming and products that would introduce children and adults to concepts of spirituality that would help them connect to their higher wisdom.

It is her mission to teach clients how to nurture their spirit, that beautiful essence that allows each person to be a unique shining light in our world. She found her life's purpose and loves every minute of the work she does!



EVA GOULET FACILITATOR

What should I bring?

- ❖ A Friend
- ❖ Bedding & pillow (sleeping bag or twin sheets/blanket)
- ❖ Towels (bath/beach)
- ❖ Personal toiletries
- ❖ Bathing suit (lake dipping if you dare)
- ❖ Flashlight
- ❖ Fall clothing (layers for near the lake)
- ❖ Drums, rattles (optional)
- ❖ Comfortable folding chair (optional)
- ❖ Snacks to share
- ❖ Bug spray

Save resources. Carpool!
*Partial scholarships available
(contact Rev. Pat at
revpatbessey@gmail.com)*

What will I take away?

- ❖ A deeper connection with yourself & others.
- ❖ New friendships & connecting with old friends.
- ❖ Meditation practice.
- ❖ Memories of making music, singing, drumming & dancing.

Your Retreat Team

Rev. Pat revpatbessey@gmail.com
Amy Cousins namasteamy@gmail.com
Kim Cowperthwaite kbczone@gmail.com
Sandy Hobbs sandrleahobbs@icloud.com
Nikki Pulsoni ppuls13165@gmail.com

Weekend Experience

During this weekend retreat, participants will have the opportunity to release those patterns that are no longer serving their highest good and replace them with practices, tools, and techniques designed to support, nurture, and sustain a healthy mind, body, and spirit connection.

Explore your inner landscape, locate the paths to self-trust, self-awareness, and self-compassion. Learn to recognize the warning signs of self-sabotage and judgment. Embrace the time and space to discover the subtle language your higher wisdom utilizes to communicate with you.

Join us in a relaxed and supportive environment as we embark on a journey to the divine feminine.