

The Whidbey Institute is pleased to invite you to our 2010

SPIRITUAL RETREATS FOR WOMEN ON

THE ISLE OF IONA, SCOTLAND

with VIVIENNE HULL and VICTORIA CASTLE

Sunday, May 16th to Saturday, May 22

and Sunday, May 23rd to Saturday, May 29

Sometimes a special opportunity comes our way to step out from our usual lives and deepen our connection to our own true selves, to Spirit, others and the natural world. The *Women's Retreats on Iona* in May are an invitation to do just this---to "make pilgrimage," to gift yourself with a time to nourish your body, mind and spirit in the company of other caring and serving women, to draw from the deep wellspring of Celtic spirituality, and to be refreshed and blessed by the beauty and power of this ancient place.

The theme for our 2010 Retreats is Grace: opening to it, allowing it, recognizing it, and embodying it as we learn how we can bring the power and presence of Grace into all we do in our personal, family and professional lives.

The *Iona Retreats* have been life-changing experiences for many women as we share our unique stories and gifts, the work we are doing,

meditate, sing and pray together, and have a lot of fun hiking Iona's heathered hills and lovely beaches, share meals and enjoy the companionship of each other.

Iona is a very small island in the Inner Hebrides off the west coast of Scotland and one of the oldest places on our Earth, dating from before life began to flourish on our planet. It is a place where "the veil between the worlds is thin." Iona's legacy is also the story of visionary women who from an older time lived on Iona and whose wisdom and leadership brought about new forms of community, political, economic and spiritual life. Their stories, mostly untold, will enrich our own.

Accommodation is in three lovely cottages situated on the beautiful north shore about a mile from the village. Rooms are shared and in the spirit of community, we'll all help with meal preparation and house-care.

You Will Be With Trusted Guides!

VICTORIA creates experiences that allow people to deepen their sense of self and purpose. She is a Master Somatic Coach, seasoned spiritual teacher, author of *The Trance of Scarcity*, and co-founder of *Hot Women For A Cool Planet*. She has been mentoring women leaders in embodiment and fulfillment for over twenty years and is an inspiring guide and friend. More info at www.NecessaryMischievous.com

VIVIENNE has directed the Iona retreats for many years, bringing together people from diverse cultural, professional and religious backgrounds and helping guide their experiences on this "sacred Isle." Irish born, a scholar of Celtic spirituality, and well versed in the history

of Iona and its people, she weaves story and poetry to bring the legacy of this rich tradition to life. She is the co-founder of the Chinook Learning Center and the Whidbey Institute and is a Fellow of the Lindisfarne Association.

For further information on program, costs and registration, please visit our website: ionaretreats.com or contact Vivienne, fvhull@whidbey.com; telephone 360-341-5430. Or Victoria, victoria@necessarymischief.com; telephone 425-985-9058. Each retreat is limited to twelve women. Please let us know of your interest soon.

A beautiful 30 minute video, *A Thin Place, Iona and the Celtic Way* is available for \$12 (VHF only). Free to all Iona Retreat participants. Contact Vivienne for your copy.