

# Facilitators

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Karen Gorrin, MA, LMHC  
Group Facilitator

Karen is a licensed psychotherapist from Bellevue, Washington. Her integrative approach acknowledges the wisdom and resilience within each of us. She believes we are all whole people with a mind, body, and spirit that work together. Karen uses mind/body modalities that support the unfolding of wholeness and global healing. She works with people diagnosed with stress-related illness like cancer and fibromyalgia. She also facilitates support groups and healing retreats. Karen is the director of Olive Tree Healing Arts.

Melode Brewer, RYT, CES  
Movement Facilitator

Melode has been a dedicated yoga practitioner for years. She continues to expand her knowledge in the Viniyoga tradition, and brings these skills to movement classes she facilitates at Harmony Hill Retreat Center for people living with chronic and life-threatening illness. Melode has a gentle, calm presence, which encourages participants to find peace within. She also offers private sessions and group workshops in Shelton, Washington.

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Nourish Mind, Body, and Spirit ...

OLIVE TREE HEALING ARTS  
2018 - 156th NE  
Bellevue, Washington 98007  
Address Correction Required

# ABUNDANT WELLNESS Retreat

Women Living  
with Fibromyalgia



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April 27-29, 2007  
September 28-30, 2007

Karen Gorrin, MA, LMHC &  
Melode Brewer, RYT, CES

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## About the Retreat

Welcome to the Abundant Wellness Retreat Women Living with Fibromyalgia. You are cordially invited to retreat from the stress of daily life and focus on you.

This Abundant Wellness Retreat is designed to nourish body, mind, and spirit.

You'll enjoy participating in support and educational programs that include:

- ~ Tools for coping with the issues and feelings associated with a diagnosis of fibromyalgia;
- ~ Gentle movement classes, guided imagery, meditation, outdoor labyrinth walks, art and drawing;
- ~ Opportunity to expand your community, to share and learn from women like yourself who "get it";
- ~ Plenty of free time for rest and reflection, journaling, etc.

We'll meet in a beautiful fireside room with spectacular views of the Olympic Mountains. We'll also enjoy delicious whole food meals.

Our first-class accommodations at Harmony Hill Retreat Center meet BuildGreen™ standards, designed to maximize comfort for those with allergies and compromised immune systems. ADA-accessible rooms and high-speed internet access are available.

## Healing Arts

Your Abundant Wellness Retreat may be customized to include one or more private wellness sessions. Choose from:

- ~ Craniosacral Therapy Session
- ~ One-to-one Yoga Session
- ~ Relaxing Chair Massage

There is an additional fee for private wellness sessions. We will do our best to accommodate your request for a session.

You are cordially invited to retreat from the stress of daily life.

## Travel Information

Harmony Hill Retreat Center is located on the south shore of the beautiful Hood Canal in Union, Washington. Approximate travel times: 2-3 hours from Seattle, 1½ - 2 hours from Tacoma, 45 minutes to 1 hour from Olympia, Bremerton or Port Orchard, and 20 minutes from Shelton.

*"With patience and loving-kindness, beauty can unfold where pain and suffering once lived."*

-- Karen Gorrin, MA, LMHC

## How to Register

<i>Please send me an application:</i>	<i>Early-Bird</i>	<i>Regular Fee</i>
r April 27-29, 2007	\$575	\$625
r September 28-30, 2007	\$595	\$645

To receive an application, please complete and return this pre-registration form to indicate your interest. Or, you can download the application at [www.karengorrin.com](http://www.karengorrin.com). Space in the Abundant Wellness retreat is limited to 12 participants.

To qualify for the early-bird rate, applications and deposit must be received prior to March 15 or August 15, depending upon the retreat selected.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
\_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_

<i>Check your interest:</i>	<i>Fee</i>
r Craniosacral Session 30 Minutes.....	\$50
r Private Yoga Session 30 Minutes.....	\$50
r Chair Massage 15 Minutes.....	\$25
r Private Room (Limited) .....	\$100

**Olive Tree Healing Arts**  
2018 - 156th Avenue NE  
Bellevue, Washington 98007  
Phone: 425.920.8008

Online Application:  
[www.karengorrin.com](http://www.karengorrin.com)