



## Mothers Healing Together Retreat—July 22-24, 2016

### Loss of a Child and the Pathway to Healing...

*Losing a child is the most devastating experience a mother can endure. There is forever a hole in her heart, yet life continues to move on around her, the world stops for no one. This retreat is designed as a respite from the real world and an opportunity to share, learn, grow and heal with other women who are walking this emotional path. The journey will include gentle yoga, outdoor activities, healing circles, labyrinth walks and a time for quiet contemplation. The weekend will be designed to meet the needs of the individuals in the group and each member will experience the beauty of sharing, reflecting and renewing in a caring, supportive environment at one of the most beautiful spots on Lake George, the "Queen of the American Lakes".*

*"While we try to teach our children all about life, our children teach us what life is all about"*

**\$305—includes meals, program and lodging**

**Call 518-668-9690 to make a reservation**

Your retreat leaders:

**Joleen Mahoney Roe** has been an art educator in the Capital Region for over 35 years, at St Anne Institute and Bethlehem Central High School, respectively. She also leads creative arts workshops for teachers and adults. In 2005 she lost her youngest beloved son, Eden, and continues to walk the path of healing, personal introspection and has channeled her grief through her personal art. This retreat is realizing a dream for her of bringing mothers together who have lost children in a beautiful, nurturing and supportive environment to share, learn and grow.

**Melodee James** has been an environmental education specialist and special education teacher for over 30 years. Currently she teaches high school special needs students at Hoosick Falls Central School. Her son Lancelee, a musician, artist, poet and actor died in 2010. Recently, she compiled a book of his poems and art as one of many ways to heal herself and others who knew Lancelee. Sharing her love of the outdoors, encouraging journaling and art will be a healing process as well.

**Mary Ann Pitzer** has thirty years experience as an elementary and middle school special education teacher in the Ithaca City School District. She is the mother of three sons. Her precious son, Brent, passed away at age 19 in 2001. A close circle of friends encircled her with warmth and unending support as she took first steps toward a life that was forever changed. She believes The Mothers Healing Together weekend will be an opportunity to walk in step with other moms who share this journey, surrounded with the serenity and beauty of a very peaceful place.

**Kathleen Fisk** has been practicing yoga since 1986 and is Kripalu certified since 1997 and a Divine Sleep Yoga Nidra Guide since 2011. Kathleen brings intuition, healing, warmth and love to all her classes, gently nudging her students to remember who they are. Kathleen has been teaching in the Capital District in all sorts of settings; schools, corporate, gyms, community settings, and studios all culminating to her own new studio, In Harmony Yoga Studio in Cohoes. It is her honor to be able to share this wonderful healing gift of yoga.

**Margaret Snow** is a Certified Reiki Healer and Life Coach. She has also been a volunteer for Hospicare and Palliative Services of Tompkins County for the past 10 years. During the retreat, Margaret will be offering Reiki which is a gentle, intuitive form of healing and balancing. Margaret's clients experience deep relaxation, warmth, and a feeling of being "mothered" during a session. Margaret considers it a great privilege to serve participating mothers during this retreat.