

**Women's Spiritual Retreat  
Spiritual Growth in our Natural World**

**February 20, 21, 22**

**Cedar Springs Lodge**

**31459 Barben Road**

**Sedro Woolley WA 98284**

**Contact people**

**Patty Smith 360-770-6988**

**Michelle R. 360-202-4459**

**Program includes guided meditation, a session of yoga, a singer, and exploration of topics such as "Who Am I", "The Child inside" "Joy" "Spirituality"**

**We are limited to 25, we can sleep 16 people and have 9 Saturday only attendees**

**Registration covers 2 nights and all meals, please bring a dessert to share and any special needs food and meds needed.**

**Weekend \$200.00 Saturday only \$50.00**

**Please send a confirmation of attendance to Patty Smith at  
[ahamoments1983@yahoo.com](mailto:ahamoments1983@yahoo.com)**

**Payment can be sent by check or venmo**

**Venmo is @aaunity**

**Check payable to Patricia Smith 2613 N. Laventure Rd, Unit A, Mount Vernon, WA 98273**

**No outside shoes in the lodge, bring slippers or your inside shoes. Bring raincoat, boots. Phone charger, ear plugs**