

THE SOUL & Sexuality

- Tired of living in varying degrees of shame and disconnection from your body?
- Want to **discover the goodness** of your sexuality?
- Hungry for a *safe community* of women where you can begin to talk about these issues?
- This retreat is for you! Cissy and Kristin use their personal experiences with this topic to create a safe place for you to begin your journey moving from shame to grace. We will use a variety of Christ-centered activities to explore what sexuality means and embrace the grace that is ours in Christ.
- Activities include: group breakout sessions, morning yoga, hiking, spiritual direction, art making, and more!
- Sign-up today to reserve your spot!
- Questions? Email info@abeautifulmess.org

hosted by:
A Beautiful Mess®

SPEAKER

biographies

Cissy Brady-Rogers, LMFT

A licensed marital & family therapist in private practice in Arcadia, CA, Cissy is also an adjunct professor in the Graduate School of Psychology at Azusa Pacific University and founder of Alive & Well: Compassionate Health Coaching. In addition to undergraduate and seminary training in biblical studies & theology, plus training as a yoga instructor and spiritual director, she brings over 25 years of experience as a speaker and workshop facilitator for professional and women's groups on health, beauty and fitness related topics.

Contact Information:

mbradyrogers@sbcglobal.net
626.254.1724

Kristin Ritzau, MA

Kristin is the founder and director of A Beautiful Mess, an organization founded to coach women with perfectionism issues. She is the author of *A Beautiful Mess: A Perfectionist's Journey Through Self-Care* based on her work the past 5 years helping women find their authentic voice and empowering them with self-care tools. Her experience as a certified spiritual director and as a Program Coordinator at Azusa Pacific University while also speaking, leading workshops and retreats with A Beautiful Mess keeps her grounded in what she does. A Fuller Theological Seminary and Westmont grad, she now lives on an Urban Farm outside of Los Angeles with her husband.

Contact Information:

www.abeautifulmess.org
kristinritzau@gmail.com
805.259.8479

THE SOUL & Sexuality

MOVING FROM
SHAME TO GRACE

October 22 - 24, 2010

Santa Barbara, CA

with

Cissy Brady-Rogers, LMFT

&

Kristin Ritzau, MA

RETREAT

information

INFORMATION:

- Date: Friday evening through Sunday afternoon, Oct. 22-24
- Place: La Casa de Maria Retreat Center in Montecito, California
- For: Women ages 18 and older
- Cost: \$195.00 per person
Volunteer scholarships available. Limited availability on a first come first serve basis
- Day rate: \$140 includes 2 meals and materials, no overnight lodging
- Discount if attended previous Retreats: \$170
Group discounts available as well for small groups
- Includes: lodging and meals as well as art supplies used at the retreat
- \$50 deposit due by September 24th to hold spot
- Please make checks out to:
A Beautiful Mess

WHAT TO BRING:

- Clothes you don't mind getting a little messy. Warm clothes for evenings and outdoors
- All necessary toiletries and medications
- Sleeping bag and pillow
- Personal Journal

OPTIONAL:

- Yoga mat
- Personal art supplies



THE

location

La Casa de Maria can be found at the end of a winding lane canopied in dense foliage leading from the Upper Village in Montecito. Set in a secret garden, guarded by woodlands and the tumbling waters of the San Ysidro Creek, its ambience is that of a much-loved country house through which many generations have passed and left their mark.

At almost every turn it holds surprises to delight the eyes, layered with love over the years. A fountain here, a sculpture there, rare specimen trees & shrubs in magnificent maturity, chickens scratching in the organic vegetable gardens. Shady vistas down woodland paths, views over orange groves and across meadows scented with wild fennel will take your breath away.

It is the perfect place to hold a retreat for women looking to get away for a peaceful weekend. Founded in 1950, it has been a restful location with deep roots for many years. They are fabulous hosts and look forward to having us.

800 El Bosque Road Santa Barbara, CA 93108

www.lacasademaria.org



REGISTRATION

form

Name _____

Email _____

Address _____

Cell Phone _____

Amount Enclosed (please circle)

\$50 deposit \$195 in full

\$140 day rate \$170 discounted

(please make checks to: A Beautiful Mess)

Allergies or food intolerances?

(please list) _____

Vegetarian? Yes No

Other Information we need to know:

Please mail registration form and check to:

A Beautiful Mess

P.O. Box 1853

Monrovia, CA 91017