

The Dynamic Life

A Meditation & Life Planning Retreat for Women

January 19-20, 2008, Saturday 10AM - Sunday 3PM

Often we separate: It's one activity to meditate, it's another to plan, and yet another to care for our bodies. In *Dynamic Living* the practice is to integrate stillness, vitality and soulful responsiveness within the activities of a planned, and purpose-led life.

At this workshop you will:

- Resource your body's vitality, and learn to sustain it
- Learn to bring the benefits of meditation into your daily life
- Learn to listen in a whole new way to self and others
- Revisit your values and purpose
- Write a livable LifePlan for your personal and professional goals
- Develop relationships with women who will support you

Picture this: A small group of amazing women like you, two experienced facilitators like us, in a vast hilltop retreat just north of the Twin Cities. You are eating wonderful food. You are investigating how you are nourished in life. You are resting.

Here you are: Practicing the joys of connecting to your own being, to others, to all of life. Experiencing the ease of stillness, mindfulness, and Powerful Listening. Reclaiming the vitality of your body. Revisioning your purpose. Writing a concrete, livable LifePlan for the coming years. And in the retreat's fluid integration of meditation and activity you are training yourself - training to remember to BE - right now, in the midst of making plans and accomplishing important tasks.

After: With the encouragement of a group of lovely new friends, you set out to practice. You have what is necessary, you do what you value, and you be how you want to be – every day. You set out to master *The Dynamic Life* anew.

Day One:

✿ Arrival

Mindful Sitting: Silence & Equanimity (M)

Re-visioning Values & Life Purpose (LP)

✿ Lunch

Mindful Moving: Qi Gong (M)

Claiming & Sustaining Vitality (LP)

✿ Early Dinner

Powerful Listening: A Bridge to Activity (M/LP)

Clearing the Decks (LP)

✿ Social Hour / Rest time

Day Two:

✿ Breakfast

Mapping Your LifePlan (LP)

✿ Lunch

Mapping Your LifePlan - cont'd (LP)

Mindful Giving: Loving Kindness Cultivation (M)

✿ Departure

*“A woman in harmony with herself
is like a river overflowing.”*

- Maya Angelou

ABOUT THE CO-FACILITATORS

Myo-O and Stasia have been studying together in joint sessions for several years: Myo-O delivering to Stasia a fuller experience spirit and interconnectedness; Stasia guiding the planning of Myo-O's many wonderful accomplishments. The synergy of these sessions resulted in a transcendent outcome that they one day realized could be shared with others—of course!

Rev. Myo-O Marilyn Habermas-Scher, is an ordained priest in the Soto Zen Buddhist tradition. She has been practicing for more than thirty years, lecturing and leading retreats. Myo-O has an extensive background in the performing arts and is trained in a number of body-mind practices, including Yoga, Qi Gong and Body Mind Centering™. She has taught somatically based VoiceWork for thirty years and has offered voice healings at Pathways for the past sixteen years. She recently completed her chaplaincy residency at the University of Minnesota Medical Center.



Stasia Johnson Steinhagen, CCLP is a certified coach, health educator and consultant connecting individuals, businesses and communities to their work, vitality and each other since 1992. She is currently pursuing her Masters in Holistic Health Studies at St. Kate's and is a homeopath-in-training at Northwestern Academy of Homeopathy. With her first degree in music, Stasia pops up now and again in the Minneapolis arts scene performing music that she loves.



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