

Save the Date!

## Women's Weekend "Energizing Ourselves"

*Exploring different ways to bring energy into our lives*

April 9-11, 2010



*The more willing you are to surrender to the energy within you,  
the more power can flow through you. - Shakti Gawain*

Join us for a wonderful weekend of reflection, rejuvenation and celebration in the beautiful hills of Vermont! This program is designed for women connected to Camp Neringa and Lithuania and who are interested in spending time to nourish mind, body and spirit. We are planning a variety of activities ranging from group discussion, exercise, art, cooking, and individual reflection.

### Arrival and departure:

People are invited to arrive between 4pm -8pm on Friday, with the program beginning at 8pm. We will conclude the weekend following lunch on Sunday. The cost is \$85 for the weekend. The program will be limited to 15 people, and priority will be given to individuals who can commit to the full weekend.

A little background about the organizers: Kristina Maciunas, M.D. is a family medicine physician with a holistic approach to medicine and a special interest in women's health. She frequently lectures on stress management and Mind/Body/Spirit Medicine.

Kerry Secrest is a professional leadership coach for individuals and organizations and facilitates trainings to a variety of audiences. She has been involved in personal development work for over eighteen years. Please see her website at: [www.watershedcoachingllc.com](http://www.watershedcoachingllc.com).

Together they have participated in several women's weekends in the past and facilitated the first Neringa women's weekend in 2004, creating a unique experience for women who share a Lithuanian background.

From former participants:

*"Come and nurture your spiritual side in the joyful company of women"  
"I would encourage others to come as it was an enriching experience and good for the spirit."  
"It's definitely worth it to make the effort to get away - you will not be sorry!"*

For more details or to register, please contact: Kerry Secrest at (802) 254-8505 (work), [kerry@watershedcoachingllc.com](mailto:kerry@watershedcoachingllc.com) or Kristina Maciunas (304) 728-0213 (home), [kriscon@frontiernet.net](mailto:kriscon@frontiernet.net)