

Nourished Women, Nourish the Village: A wellness retreat for female physicians

Schedule

Friday

4-7pm: Arrival and settling in

6-730pm: Dinner

730-9pm: Guided Mindfulness Meditation/Body Scan and Opening Circle with Emily

Saturday

8am-9am: Breakfast

930am-1030am: Guided Mindfulness Meditation with Emily

11am-4pm: Licensed Massage Therapists available by appointment

1230-130pm: Lunch

430pm-6pm: Gentle women's Yoga with Miriam

6-7pm: Dinner

Sunday

8am-9am: Breakfast

930am-1030am: 60min NIA and Closing Circle with Megan

1030am-12pm: Departure

Pricing

Lodging: \$600/night for whole venue rental, includes 40 acres with trails, three insulated sleeping cabins, two canvas cabins, and Common House with showers, bathrooms, kitchen & movement space.

Food: Common kitchen access to prepare your own meals and/or local/organic, farm-to-table inspired catered meals delivered, inquire for menu and pricing.

Programming: Mindfulness Meditation included in price of Lodging. 90min Women's Yoga class: \$15/person. NIA dance: \$15/person

* We are requiring COVID rapid tests 24 hours before arrival for all guests and instructors.



EarthWell

Retreat Center & Nature Sanctuary

About EarthWell

EarthWell's MISSION is to provide equitable access to nature-based Mindfulness, therapeutic yoga and wellness retreats for individuals, families and groups in Southeast Michigan.

The Land: Located 30 minutes west of Ann Arbor, Michigan, EarthWell is situated on 40 rolling acres surrounded by 100 acres of Washtenaw County Nature Preserve. The land features a spring-fed swimming pond surrounded by forest, wetland, and prairie, with miles of trails to explore.

Your Instructors

Emily Adama, MSW - Hi, I'm Emily, Founder/Owner of EarthWell. I am a Clinical Social Worker and Mindfulness Meditation instructor with a Masters in Social Work from the University of Michigan in Interpersonal Practice and Mental Health (2015) and ten years experience as Mindfulness Meditation and Zen Meditation practitioner. Over the past 8 years, I have taught Mindfulness-Based Relapse Prevention (MBRP), Mindfulness-Based Stress Reduction (MBSR), Mindfulness-Based Cognitive Therapy (MBCT), and Intro to Meditation classes at settings including Dawn Farm Residential Addiction Treatment Center, Dawn Farm Spera Detox Center, the Ann Arbor YMCA, Great Oak Cohousing, and in private practice. I look forward to welcoming you to EarthWell and supporting you in having a deeply restorative retreat.

Miriam Dowd-Eller - Founder of Sister Village Yoga (www.sistervillageyoga.com), Miriam is a yoga teacher + embodiment facilitator with a focus on women's health during the young adult and mothering years. She is currently a student of international yoga therapist Uma Dinsmore-Tuli (yoga for women), and has trained as a postpartum doula, specializing in yoga's sister science, Ayurveda, as an approach to women's wellness after birth. She draws upon her knowledge and experience as a Licensed Massage Therapist and Yoga anatomy teacher for the 200-hour classical hatha yoga teacher training held at Schoolcraft Community College.

Megan Sims - I own and operate Me-Again Dance Wellness to help people find vibrancy and release from daily stress and to feel Whole again, as well as staying fit. My students run the gamut from professional athlete and dancer to those in wheelchairs or with other severe movement/cognitive limitations such as Alzheimer's and Parkinson's disease. There is something for everyone, because we all need to dance! I offer a variety of Dance, Nia, Gentle Nia and seated dance classes and workshops. After teaching for over 20 years, I am more passionate about it every day! I graduated with a BFA from the University of Michigan Dance Department and earned a Black Belt Certification from the Nia Technique. I also hold an MA in counseling from Goddard College. The range and depth of my training allows me to creatively expand upon the Nia guiding principle — The Joy of Movement — and to use dance as a healing and wellness tool.