

# *Nourished Women, Nourish the Village*

A wellness retreat for female physicians

*At EarthWell Retreat Center*

## **Proposed Schedule**

### **Friday**

1pm-4pm: Arrival

430pm-530pm: Guided Meditation and Opening Circle with Emily

6-7pm: Dinner

7pm+: Freetime

(If people need to arrive later, Opening Circle could be after dinner)

### **Saturday**

8am-9am: Breakfast

930am-1015am: Guided Meditation with Emily

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

1230-130pm: Lunch

4pm-530pm: Gentle women's Yoga with Miriam @ Common House

6-7pm: Dinner

### **Sunday**

8am-9am: Breakfast

930am-1030am: Guided Meditation and Closing Circle with Emily OR  
NIA with Megan then Closing Circle

1030-12: Departure

OR 12-1pm Lunch then Departure



**EarthWell**

*Retreat Center & Nature Sanctuary*

## Pricing

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

Food: Two options - order pre-packaged local/organic meals in compostable packaging from Roaming Goat Cafe: <https://www.roaminggoatmi.com/earthwell-retreat> OR for a more economical option I can have our local whole foods guru chef prepare meals in bulk onsite for around \$8 dollars per meal.

Programming: Guided Meditation and Opening/Closing Circles included in price of Lodging. 90min Women's Yoga class: \$10/person. NIA dance class: \$10/person

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



Earth Well

*Retreat Center & Nature Sanctuary*

## Instructors

Miriam Dowd-Eller - [www.sistervillageyoga.com](http://www.sistervillageyoga.com)

Emily Adama, MSW - Clinical Social Worker with special training in Mindfulness-Based therapy. Masters in Social Work from the University of Michigan in Interpersonal Practice and Mental Health (2015). 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 am passionate about promoting the benefits of Mindfulness meditation to all.

Megan Sims - <https://meagaindance.com/about-me-again/>



EarthWell

*Retreat Center & Nature Sanctuary*