

Schedule

Friday April 28

- 4PM Check in, room assignments
Gather in Sun Room, make name tags
- 6PM **SUPPER**
- 7:30-9PM Welcome, introductions & announcements.
Opening Ceremony
Business Meeting

Saturday April 29

- 8AM **BREAKFAST** (Silence ends after Breakfast)
- 9-11am **Session 1 Workshops**
- Women's Role in Nepal
 - Yoga
 - Women in Music
- Noon **LUNCH**
- 2-4PM **Session 2 Workshops**
- Cardmaking
 - Women in the Chumash Culture
 - Guided Botanical Garden Tour
- 6PM **DINNER**
- 7:30-9:30PM **Chumash Lore** with Julie Tumamait-Stenslie.
- 10PM Great Silence Begins

Sunday-April 30

- 8AM **BREAKFAST** (Silence ends after Breakfast)
- 10AM **SUNDAY SERVICE** with Janette Daniel-Whitney
- Noon **LUNCH, Closure & Good-byes**

Questions?

Dorothy Fast Horse 805/218-9478

Carpool Information

Carol Funnell 805/654-1220

Finding Mt Calvary Retreat House

505 E. Los Olivos, Santa Barbara, CA 93105

- Take Highway 101 north through Santa Barbara. Exit at "Mission St." Turn towards the mountains. Exit at "Mission St." Turn towards the mountains.
- Stay on "Mission St" until it dead-ends at "Laguna St," TURN LEFT
- At the stop sign, across from the mission: "Los Olivos" TURN RIGHT. Stay on "Los Olivos." Do not take "Alameda Padre Serra."
- Go .6 miles and TURN LEFT at the second driveway past the mission marked with a large brown sign "Mount Calvary Retreat House."

What to Bring

- Warm clothes for the evening, best to have layers
- Money for optional massage
- Journal for writing (optional)
- Sunscreen and other personal items (like your favorite pillow)
- Loved item (unwrapped) you are ready to part with for our gift exchange at the **Lakota Gift Table**

In Santa Barbara

While you are in Santa Barbara you may want to visit some of their museums and gardens. Drive up early on Friday (*please don't arrive at the Retreat House until 4PM Friday*), or stay a little longer on Sunday after the retreat.

Close to our Retreat house are the Santa Barbara Museum of Natural History, the Santa Barbara Mission and the Santa Barbara Botanic Garden.

Santa Barbara Museum of Natural History, www.sbnature.org. Open Daily 10 to 5, \$12.

Santa Barbara Mission, www.santabarbaramission.org. Open 9 to 4:15 Daily \$5 adults, \$4 seniors (65+)

Santa Barbara Botanic Garden, www.sbbg.org. Open 9 to 5 (March to October) \$8.

Santa Barbara Museum of Art, www.sbmuseart.org Open 11 to 5 Tuesday - Sunday \$10 adults, \$6 seniors

Downtown is the Santa Barbara Museum of Art. Directions and information online.

Unitarian Universalist Church of Ventura 32nd Annual Women's Retreat



Changing Roles of Women

Explore • Discover • Reflect

Mt. Calvary Retreat House
In Santa Barbara
April 28 - April 30, 2017

Sign-up Form

Make a first and second choice for all workshops	Morning Session	Afternoon Session
Womens Role in Nepal		
Yoga		
Women in Music		
Cardmaking		
Women & Chumash Culture		
Tour of Botanical Garden		

Name _____

Address _____

Phone: _____

E-mail: _____

Cost: before April 2-\$275, after April 2-\$290 includes semi-private rooms with baths, all meals, snacks & workshops. Scholarships are available.

Amount enclosed: _____

Roommate preference: _____

Return completed form to Dorothy FastHorse, in person, by mail 1695 Ocean Ave, Ventura CA 93001 or email, dfasthorse@aol.com

Massages

Saturday 9AM - Noon and 1 - 6PM

Appointments: Kappy Paulson 805/795-1601.

60 minutes \$60 • 30 minutes \$30

Jenna Fleur our talented body worker has been a therapist for over 30 years. Both skilled and intuitive, her bodywork is customized to your particular needs.

Saturday April 29

Morning Workshops • 9 - 11AM

Women's Role in Nepal

How the caste system works, how it affects women in the past and present and its difference in villages and cities. Henna art will be explained and experienced.

Jevina Prajapati is a member of the Newari caste and was raised in a big family in one house in Nepal. She came to the US for further education attended Northeastern Illinois University and graduated in Computer Science in 2003. She is married, has a 13 year old daughter and 10 year old son. She likes being independent and now is the owner at SuvaSpice Mart in Ventura.

Yoga

A combination of meditation, breathwork and slow flowing yoga postures to heal and guide us into our bodies. Through this, we will explore our roles as women, as well as our relationships with the women who support us, guide us, love us, inspire us and challenge us.

Heather Perry has been teaching yoga and meditation since 2009. Heather's belief is yoga can heal and strengthen, awaken your inner truths and connect you more deeply to yourself as well as to others. Her yoga classes thoughtfully blend breath and meditation in movement to nourish your body, mind and heart.

Subversive Sonatas by Women Composers

Over 100 years ago, women composers of Classical music were already rebelling against male authority in their "sonata" compositions. Works by Clara Schumann, Fanny Mendelssohn Hensel and Cecile Chaminade resist conventional narratives of triumphant masculinity as popularized by Beethoven, Schubert and Robert Schumann.

Julie Moore is a retired musicology professor from UCSB and Syracuse University. She is writing a book on the subject of this presentation.

Afternoon Workshops • 2 - 4PM

Cardmaking.

Hand-made cards techniques with a master instructor. Supplies included and you will have a card to take home.

Helen OConnell is a long time church member and talented artist. She has won several awards and first prizes for her card making. They are sold all over the US.

Women and the Chumash Culture

Chumash culture history, and song through story telling and native crafts.

Julie Tumamait-Stenslie is Chumash Elder/Educator/Storyteller. She was born and raised here in the Ojai Valley where she lives with her husband, and their 3 children. Her introduction to Chumash culture was from her father, Vincent Tumamait. "I trace my Chumash ancestry through my father, a leader or paha among the Chumash until his death in 1992." She continues her of father's work sharing Chumash culture.

Julie works as a consultant in her Native culture. She is a Commissioner for the Native American Heritage Commission in Sacramento, CEO of Native Chumash Consulting Services and Tribal Chair of the Barbareno/Ventureno Band of Mission Indians.

*Guided Tour of the Santa Barbara Botanical Garden with a trained docent**

The Santa Barbara Botanic Garden fosters the conservation of California's native plants through our gardens, research and education, and serves as a role model of sustainable practices. Explore Arroyo Campbell Trail, Canyon Section, Desert Section, Water Wise Home Garden, Manzanita Section, Meadow, Porter Trail, Redwood Section, Teahouse Garden and the Woodland Trail

*If you are a Botanical Garden member please bring your membership card.