



Embodied Power: Accessing Our Inner Shaman

JULY 20-25
Orcas Island, Washington

Wisdom Teachings + Painting = Alchemical Magic

Dear One,

The shamans of old were masters of the ways of Spirit. They walked the earth with an embodied power, born of knowing their sacred connection to the great web of life and the infinite Mystery. They understood that the visible world is only a small sliver of reality, an illusory dream from which we must awaken in order to embrace the grander truth of our essential nature. Many of us have walked the shamanic path and harbor deep in our souls an ancient, magical knowing that lets us see beyond the world of form into the Great Mystery.

Listen, Dear One.

Do you hear the drumbeat of the ancient ones calling you home?

*

Do you feel a stirring in your soul, a longing to reawaken your ancient wisdom and embody your true power?

*

Are you ready to reclaim your essential nature in all its fullness?

*

If so, please join us this summer on beautiful Orcas Island for our magical 5-day retreat.



Embodied Power: Accessing Our Inner Shaman

Magic We have so much magic in store for you. Here's a glimpse:

POWERFUL SPIRITUAL TEACHINGS WITH LINA AND THE GUIDES

Intimate Time with the Guides—Ascended Masters Dedicated to our Awakening

Our small circle will spend intimate time with the Guides releasing old wounds, reconnecting with our shamanic power, and awakening to our essential nature. It takes courage to touch infinity. In this retreat, we will cultivate that courage.

Learn to Dream the World Into Being with Courage and Heart

Shamans believe we are co-creators with the Divine and that we dream the world into being. When we do so unconsciously, our world becomes a waking nightmare. When we do so with courage and awareness, our world becomes a sacred dream imbued with love, joy, and peace.

Awaken Our Inner Shaman

Through guided meditation, we will meet our Inner Shaman and learn to receive his or her ancient wisdom, soul medicine, and healing gifts.

Meet Our Animal Totem/Power Animal

Animal totems provide us with deep personal understanding, protection, inspiration, and guidance. We will meet our animal totem and learn what gifts they have to offer us.

INTENTIONAL CREATIVITY WITH KATHERINE

Painting as a Tool for Integration, Discovery, Healing, and Empowerment

We will harness the alchemical magic of Intentional Creativity to accelerate the integration of the Guides' potent teachings. Using color, symbol, and image, our canvas will become the container in which we will release old wounds and activate our personal power. We will paint a sacred drum and a 24 x 30 portrait of our Inner Shaman.

Absolutely no painting experience necessary. We promise. The painting experience is a gentle, fully guided, step-by-step process.



Sacred Mountaintop Healing Ritual
on Mt. Constitution, an ancient site once used for Native American Vision Quests.

Beach Release Ceremony * Hiking * Swimming * Kayaking * Shopping * Fine Dining * Beautiful, Love-filled Gift Bags

BEAUTY, WONDER, CREATIVITY, SPIRITUAL CONNECTION, EMPOWERMENT, ADVENTURE, REST, REJUVENATION,
HEALING, EXPANSION, LOVE, LAUGHTER, SISTERHOOD, AND JOY

THE DIVINE DETAILS

DATES: July 20-25/26

LOCATION: Orcas Island, Washington

The retreat will be held at Katherine's beautiful log cabin, situated on an ancient Native American sacred site and a powerful vortex. The pure healing energy of the location will help us connect with our shamanic soul-heritage and embrace our true Divine nature.

LODGING IS INCLUDED!!! Katherine's cabin has 4 charming bedrooms, a sunroom, and a fairy cottage. Think cozy, fun slumber party! Rooms are double occupancy.

RETREAT TEACHERS

LINA BERNTSEN: Lina is a gifted channel with over 40 years of experience in working with a group of ascended Master teachers known as "The Guides." She has worked with people from all walks of life to help them heal, to understand themselves, and to grow spiritually and psychologically. She has taught classes and workshops nationally, and has helped thousands of people to open their hearts and transcend into higher states of consciousness.

KATHERINE WITTEMAN: Katherine is a certified **Color of Woman Teacher** and **Intentional Creativity Coach**. A life-long art lover, mystic, and healer, Katherine's greatest passion is sharing the profound joy and magical healing power of art with her beloved students. She can teach absolutely anyone to paint.

A LOOK AT OUR DAYS

JULY 20: Arrival and Welcome Dinner. Evening orientation with Katherine, Lina, and the Guides.

JULY 21, 22, 23, 24, 25: Paint and Play Days:
We'll spend our mornings with Lina and the Guides, our afternoons painting with Katherine, and our late afternoons adventuring around the island.

JULY 24: CELEBRATION AND CLOSING DINNER at Red Rabbit Farm overlooking the gorgeous waters of West Sound. Fodor's Magazine describes Red Rabbit's AMAZING 6-course Farm-to-Table Sunday dinners as "one of the world's most unique dining experiences." And also one of the most DELICIOUS.

Monday, July 25: Departure Day for those needing to get back OR a free play day for relaxing, processing, and integrating before returning home.

Tuesday, July 26: Departure Day

DAILY ACTIVITIES INCLUDE:

BREAKFAST & MORNING CAFE: A creative and contemplative morning practice known as "Cafe." Inspired by Katherine's painting mentors, Sue Hoya Sellars and Shiloh Sophia McCloud, this morning ritual will ignite our creative spark and connect us more deeply with our Divine guidance.

MORNING SESSION WITH THE GUIDES: We will begin each day with a morning meditation and session with Lina and the Guides, ascended masters committed to our awakening.

LUNCH: Group potluck or lunch on our own in the charming village of Eastsound.

AFTERNOON PAINTING MAGIC WITH KATHERINE: We will spend our afternoons painting our Animal Totems & Inner Shamans into being. Weather permitting, we will paint outdoors on the sunny deck overlooking the sparkling blue waters of Eastsound.

LATE AFTERNOON ADVENTURE AND PLAY TIME: Orcas Island is a magical outdoor wonderland. We will hike the island's beautiful wooded trails, visit waterfalls and secret beaches, enjoy the stunning views atop Mt. Constitution and Turtleback Mountain, kayak and swim in the clear waters of Cascade Lake, and reconnect to our shamanic roots through the natural, breathtaking beauty of our surroundings. And, oh yes, there will be time for shopping adventures, too!

DINNER: Dinner will be a group meal at the cabin or a fun outing in lovely Eastsound.

EVENING FREE TIME: Evenings will be OPEN to spend however the Spirit moves us: relaxing, independent painting, journaling, meditating, walking, playing, or laughing with our soul sisters.



INVESTMENT: \$1595/ \$1395 EARLY BIRD PRICING by June 20th

Includes: Spiritual Teachings, Painting Instruction, All Materials, Lodging, Welcome Dinner, Grand Celebration Dinner, Kayaking Excursion, Beautiful Gift Bag

We have payment plans:

1. \$1395 EARLY BIRD PRICING before June 20th

* Pay in Full OR pay in 3 installments of \$475, charged monthly for 3 consecutive months

2. \$1595 REGULAR PRICING, after June 20

* Pay in Full OR pay in 3 installments of \$540, charged monthly for 3 consecutive months

To register for the retreat, please call Lina's assistant, Elsie, at 503-253-9957 to pay in full or make your first payment. EARLY BIRD PRICING is available until Monday, June 20th.

Because of the intimate nature of this retreat, we regret that we cannot offer refunds.

If you have any questions, please contact Katherine at katherinewitteman@me.com.

Come discover your inner shaman, embrace your power, relax, celebrate, create, and play!!

Magic awaits!

*LOVE, LOVE, LOVE,
Lina and Katherine*

