

The ReSource Retreat

Ground, Energize, and Empower Your Life

November 14 7:00 p.m. — November 15 6:00 p.m.

Storyweaving Retreat Center, Fort Washington, MD

Facilitated by Carol Burbank and Beth Friedman-Romell

The ReSource Retreat Program Details

We will ground, energize, and empower our spirits through meditation, chant, sound healing, drumming, storytelling, and creative play. Our whole-group and breakout sessions will support your ability to shift your response to stress, set and reach personal goals, and release your creative spirit. Optional personalized healing sessions with Carol or Beth will also be available to participants on Sunday for a discounted rate.

Friday evening: Connect and Recharge

Grounding Sessions.

Our weekend begins with two grounding sessions:

1. Connecting with Source through a group Storyweaving session to awaken the playful, creative, and transformative power of our shared energies.
2. A restorative sound bath using crystal singing bowls, drums, flutes, gongs, and chant.

Healthy snacks and beverages to follow.

Retire for the evening

Saturday Morning: What is your Source?

Energetic Session

Carol will teach us to gather and store Mana, the energy that fuels us all, and share a traditional Hawaiian Meditation to integrate Mana in our daily practice.

Snack and beverage break.

Express your Source

Our first breakout session offers two ways to express your Source:

1. Therapeutic Songwriting with Beth to tease out ideas and feelings you long to express in a safe, creative, and non-judgmental space.
2. Personal Manifesto Writing with Carol to tune into your deepest goals, from your strengths, values, and highest self.

Lunch

After the morning, we will come together for a festive lunch.

Saturday Afternoon: Sharing our Source with Others

Soulful Games

Saturday afternoon begins with a choice of two breakout sessions:

1. A role-playing game to co-create a community language. Expand your self-expression and open your heart to others.
2. A storytelling game where we'll find new ways to share the interconnected stories of our lives, celebrating our uniqueness and similarities.

Nature / Stretch / Snack Break

Interactive Soundscapes Workshop: group activities

We'll compose original healing music using bowls, drums, and other instruments. We will create an evolving Soundscape to integrate what we've learned, and to send our collective Source energy through the group and into the universe.

Closing Circle

We will reflect on what we have discovered about our Source and its relationship to self, family, community, and nature. How have we changed? How will we share our ReSources with others?

Optional group dinner at a local restaurant

Sunday Sessions: 10:00 a.m.5:00 p.m.

Optional

You may register for an individual 50 minute session to extend your retreat experience from the selection below:

- **Craniosacral Therapy session** with Carol
- **Hawaiian Energetics Experience** with Carol
- **Sound Healing session** with Beth
- **Therapeutic Songwriting session** with Beth

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- Participant rate: \$ 50
 - Non-participant rate: \$100

Discount code provided upon the ReSource Retreat registration.

Contact:

Carol Burbank – cburbank@storyweaving.com <https://www.storyweaving.com/>

Beth Friedman-Romell – beth@differentdrum.net <https://www.differentdrum.net/>

Retreat Website – <https://www.differentdrum.net/resourceretreat.php>