



*The Feminine Soul*  
*An Amethyst Workshop*

October 10, 2009    9:30am to 2:00pm  
The Antlers Center    2501 South Street



Amethyst is dedicated to helping women discover their creative potential through workshops, classes, and a sense of community. Amethyst answers the question:  
What is the nature of a women's inner work?

It is an experience that enhances the development of the feminine soul and takes us on a journey inward to that place of self knowledge and transformation so that we may recover and remember our true selves.

Together we will watch the DVD:  
The Feminine & Addiction: A Conversation with Marion Woodman.  
Woodman is an internationally-known writer, Jungian analyst, and teacher.

In the DVD Woodman talks about her own struggles with anorexia and about the dream that led her into facing this addiction for the first time. In her view, we fall into addiction out of a subconscious yearning for what is lacking in our lives whether it's joy, love, nurturing or in response to an unhealed childhood abuse or an adult trauma. It is only through the embrace of a positive feminine presence in our life that we can thrive.

Lunch will include Bread & Soup to nourish the Body & Soul.  
The afternoon includes a creative experience with clay.  
So be ready to have some fun!

Recovery is the process of finding the river and saying yes to its flow, rapids and all.  
Workshop will be facilitated by Lorrie Nichelson, Psychotherapist  
Paige Namuth and Robin Kremer.

To register call 434-3965  
Class fee is \$21.00  
Some scholarships available.