

The Space Between, A Mountain Weekend Retreat:

Creating Sacred Space and Endless Possibilities



September 23-25, 2011 in Blowing Rock, North Carolina
(Held at the Blowing Rock Conference Center, 12.0 CE Hours Available)

Join us for what promises to be a most unique experience for you to discover and explore your own sacred space while the retreat itself creates sacred group space for us. Nestled in the serene beauty of the Blue Ridge Mountains in Blowing Rock, North Carolina, we will explore our inner sacred space as well as our connection with others and the outside world.

Co-facilitators Andy Moretz and Nancy Elizabeth Green will share ideas and practical techniques from their own professional and personal healing practices, offering participants the opportunity to move beyond limitations and bring forth new possibilities for growth and change. Participants will learn how the "sacred space" perspective can help them in their own personal development. Participants from a variety of "healing" modalities also will learn how these simple strategies can be used to enhance their work with others. (12.0 Continuing Education hours are available, see details on next page)

A weekend of "sacred space" in the Blue Ridge Mountains...

A retreat from the outside world for personal reflection and rejuvenation...

A "fun" learning experience for your spirit, soul, mind, and body...

A unique opportunity to create new possibilities for you, your clients, your world...

Who Should Attend?

All individuals interested in the retreat topic, ages 16 and above (16/17 requires attendance with parent/guardian); "Healers" from a variety of modalities, including (see CE information on next page):

- ~Massage and bodywork therapists
- ~Counselors, psychotherapists, social workers
- ~Nurses and other medical professionals
- ~Energy workers (ex. Reiki, Healing Touch, reflexologists, etc.)

Topics, which will be adapted throughout the retreat to address the needs of participants, may include:

- ~Practical ways to create and access "sacred space"
- ~Creating space for Body: breath and the senses; presence; somatic awareness
- ~Creating space for Mind: "ego" filters; shifting perception/perspective; mindfulness
- ~Creating space for Soul/Spirit: playing in the "energetic" wave; accessing higher intuition; effective meditation; introduction to the Integration/Transformation (I/T) Energetics approach
- ~Using sacred space to create new possibilities for self, others, and the world

Retreat Schedule:

Begins Friday evening, September 23 at 7:30 pm
Ends Sunday afternoon, September 25 at 3:00 pm

We will have FREE TIME on Saturday from 4:00 pm to 7:30 pm so that you may explore Blowing Rock, the Blue Ridge Parkway, and the surrounding area!

Need More Info?

www.prizms-ahealingplace.com
or call Andy @ (336) 761-5071



Nancy Elizabeth Green, BA, LMBT (NC #6773), owner of Sacred Symmetry in Boone, NC, is a gifted Massage Therapist, Spiritual Life Coach and Intuitive Healer. Her practical knowledge and ability to listen empathetically and compassionately lead her clients to a deeper understanding of themselves. Her 'specialties' are releasing trauma, working through life's transitions, and discovering unlimited possibilities.

Her workshops and 'play days' are fun and educational, often with tears of joy, laughter, and release. Nancy offers indoor, outdoor, and combination workshops for groups from 10 - 100. She is also available for 2 and 3 day individual intensives.

Nancy is an ordained minister with Universal Brotherhood, a non-denominational inter-faith organization headquartered in Fort Lauderdale, FL. We believe that all belief systems are appropriate as long as they serve human, animal, plant, and 'other' kind in positive ways. Our only doctrine is unconditional love, non-judgment and tolerance.

For more information about Nancy please visit her website, www.sacredsymmetry.net

Your Retreat Facilitators



Andy Moretz, MEd, LPC (NC #2490), LMBT (NC #8907) is director and owner of Prizms Center for MindBody Integration LLC, in Winston-Salem, NC. He received his masters in counseling at the University of North Carolina in Greensboro in 1994. He holds dual licenses in North Carolina as a Licensed Professional Counselor and as a Licensed Massage and Bodywork Therapist and also is a certified Reiki Master Practitioner and Teacher.

Andy has worked with a wide variety of individuals in both outpatient and inpatient settings. In his private practice work, he guides clients through the process of looking at their needs of Body, Mind, Soul, and Spirit and assists them in becoming more integrated, "whole" beings as they open to new possibilities.

Andy developed the *Integration/Transformation (I/T) Energetics Approach* as a practical way to teach others to access their "space" and is also the author of *Zero Degrees of Separation: Finding Your Closer Connection to Spirit*. He is an accomplished presenter and enjoys leading a variety of experiential, transformational classes and workshops.

For more information about Andy please visit his website, www.prizms-ahealingplace.com

Retreat Costs/Registration/Payment:

EARLY EARLY Registration: Ends Thursday, July 21; Early Registration: Ends Friday, August 26

Before August 26, your retreat space for any full-registration package may be held with a nonrefundable deposit of \$50.00 with the remainder paid by the due dates to receive the lower rates. After August 26, the full payment must be made.

To **REGISTER AND/OR PAY ONLINE**, go to: **www.prizms-ah healingplace.com** to Retreat Registration. There, you can complete and submit the electronic registration form and pay by credit/debit card using our safe and secure PayPal connection.

To **REGISTER BY MAIL OR FAX/PAY BY CHECK**, you may complete and submit the form on this page with your payment. Checks should be made payable to *Prizms*. Registration and/or payments can be mailed to: **Prizms/Retreat, PO Box 20323, Winston-Salem, NC 27120**. Please include "Registrant's Name" on the memo line of your check. Registration forms also can be faxed to Prizms at: **(336) 724-2524**. Payments must be received by Prizms by the deadline date in order to receive early registration special rates.

NEED MORE INFO? Check out: www.prizms-ah healingplace.com or call Andy @ Prizms: (336) 761-5071

Full Retreat/Single Room Lodging Package (*), includes:

Full retreat program; 12.0 Continuing Education hours; SINGLE occupancy of two-bed room in BRCC lodge for Friday and Saturday nights

Breakfasts and lunches on Saturday and Sunday (4 meals; dinners optional as add-ons below)

EARLY EARLY SPECIAL (total paid by Thursday, July 21): \$325.00 (or \$50 + 275 remainder)

Early Registration (total paid by Friday, August 26): \$350.00 (or \$50 + 300 remainder)

Registration (after August 26): \$375.00

Full Retreat/Double Room Lodging Package (*/), includes:**

Full retreat program; 12.0 Continuing Education hours; DOUBLE occupancy of two-bed room in BRCC lodge for Friday and Saturday nights

Breakfasts and lunches on Saturday and Sunday (4 meals; dinners optional as add-ons below)

EARLY EARLY SPECIAL (total paid by Thursday, July 21): \$260.00 per person (or \$50 + 210 remainder)

Early Registration (total paid by Friday, August 26): \$285.00 per person (or \$50 + 235 remainder)

Registration (after August 26): \$310.00 per person

****SEE NOTE BELOW ~ MUST COORDINATE ROOMMATE'S NAME WITH US DURING REGISTRATION**

Full Retreat/Day Commuter Package, includes:

Full retreat program; 12.0 Continuing Education hours; Lunches on Saturday and Sunday (2 meals; breakfasts and dinners optional as add-ons below)

EARLY EARLY SPECIAL (total paid by Thursday, July 21): \$190.00 (or \$50 + \$140 remainder)

Early Registration (total paid by Friday, August 26): \$215.00 (or \$50 + \$165 remainder)

Registration (after August 26): \$240.00

Single Day Registration Options, include:

Retreat program for a specific day; Lunch on Saturday and/or Sunday; Does NOT include Continuing Education hours

Friday ONLY Package (evening): \$20 (by July 21); \$20 (by August 26); \$30 (after August 26)

Saturday ONLY Package (morning, afternoon, evening): \$90 (by July 21); \$105 (by August 26); \$115 (after August 26)

Sunday ONLY Package (morning, afternoon): \$90 (by July 21); \$100 (by August 26); \$105 (after August 26)

*Blowing Rock Conference Center's lodge rooms have two beds and do NOT have telephones or televisions. Internet access is available in the main lobby area. Check-in time for rooms is after 4pm on Friday; Check-out time is by 11:00 am on Sunday.

**Double occupancy lodging package is only available for individuals who have someone with whom they wish to share a room. Each registrant will need to register and provide the name of the other person with whom you wish to share a room to help us in making room assignments.

Continuing Education:

For Massage Therapists/Bodyworkers (LMBT), this retreat will provide the following credits:

~ 12.0 Continuing Education Hours from Prizms. Prizms Center for MindBody Integration LLC is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider. (#451255-10)

For other Professional Categories, this retreat will provide the following credits:

~12.0 Contact Hours from Northwest AHEC

~1.2 CEUs from Wake Forest University School of Medicine

~12.0 NBCC Contact Hours (provider #5465) Northwest AHEC is recognized by the National Board of Certified Counselors and abides by the NBCC Continuing Education Guidelines.

~Nurses: This activity can be applied to your North Carolina Board of Nursing Competency Plan required for your licensure renewal.

Co-Sponsored by Northwest Area Health Education Center (AHEC) of Wake Forest University School of Medicine and a part of the NC AHEC Program and by Prizms Center for MindBody Integration LLC

Please Note: Participants must attend the entire retreat in order to receive CE Hours.

The Space Between

Retreat Registration Form (print legibly, please)

First Name _____

Last Name _____

E-mail Address _____

Address Line 1 _____

Address Line 2 _____

City _____ State _____ Zip Code _____

Daytime Phone (_____) _____

Evening Phone (_____) _____

Roommate Name: _____
(if selecting Double Room Lodging Package below)

Select which "package" you are registering for as well as any additional "add on's" and enter the amount you are paying:

	Amount Paying
___ Full Retreat/Single Room Lodging*	_____
___ Full Retreat/Double Room Lodging*	_____
___ Full Retreat/Day Commuter*	_____
___ Friday ONLY (no CE's)	_____
___ Saturday ONLY (no CE's)	_____
___ Sunday ONLY (no CE's)	_____

Optional Add-ons (if not included in package)

___ Friday dinner @ BRCC (\$11.00)	_____
___ Saturday breakfast (\$8.50)	_____
___ Saturday lunch (\$9.50)	_____
___ Saturday dinner (\$11.00)	_____
___ Sunday breakfast (\$8.50)	_____
___ Sunday lunch (\$9.50)	_____

Total Paying at this time: _____

***Please note that if making \$50 nonrefundable deposit toward a Full Retreat Package, any remaining amounts must be paid by the deadline to receive "early" special rates.**

Any dietary restrictions?

Handicap accessibility needs?

Any other information you need us to know about you?