

# Camp Ladybug For Women



## Enjoy a taste of Camp Ladybug For Women

Sunday March 25, 2012 ~ 1pm- 7pm

**2 Fabulous Workshops & Dinner at beautiful Dancing Bear Lodge near Loganton, PA**

### Energy ~ To help you spring into the warm months ahead!

Spring is a season of new beginnings and growth and Camp Ladybug wants you to experience your own new beginnings. The first part of the day will be an experiential program designed to help you awaken to your own aliveness and shake off the doldrums of winter. The guest presenter and owner of Dancing Bear Lodge, Lucy Heggenstaller will teach you through discussion and gentle movement exercises to become more aware of the energy in your body. Chinese martial arts refer to this energy as "Chi" and quantum physicists refer to it as "energy." When we have more "Chi" or energy running in our system, we tend to heal faster, feel refreshed with less sleep and stay emotionally centered. When we have less "Chi" we tend to get stuck in negative emotions, continue bad habits and feel less vibrant.

Energy awareness can help you tune into to the subtle messages of your body. When we feel "out of sorts" or "off balance" or tune into a "gut feeling" we are tuning into messages from our energy body that can alert us to something that needs our attention. Lucy will also offer suggestions on how to listen to your body better so that you can more quickly resolve problem situations like a friend who drains you or a relationship that is emotionally toxic. This part of the workshop will also give you simple energy practices that you can use to nurture yourself on an energetic level.

Lucy Heggenstaller is the proprietor of Dancing Bear Lodge and has been developing mastery of her own energy system for a couple decades as a psychotherapist and Reiki practitioner. She has studied with Glenn Hartelius, a transpersonal psychologist, teacher and healer.

### Musing Your Way to Creativity!

You want to find a way to escape the chaos of the everyday fray to the place inside, "home", that hiding place, that soft place where your spirit is refreshed, your hopes and dreams nourished.

You have lost the map, distractions stop you along the way ~ facebook, kids, what to cook for dinner. You dream of becoming a writer, an artist, an entrepreneur, or just HAPPIER in your own life but you keep getting hung up in the same places. You keep running into the same dragons guarding the gates to your success, to your progress, to living your dreams out loud!

So for a couple of hours we are going to put down our perfectionism, our I Cant's and Pick UP our Ordinary to Create an Extra -Ordinary sense of creativity!

We will be playing with pens, watercolors and pastels. We will be laughing, talking, and sharing stories on how to tame those dragons so we can find our way to creativity.

All art supplies are provided but if you want to bring a favorite watercolor brush and a sketch pad, please feel free to do so.

Wear your play clothes, we will be getting messy and having fun! ~

I look forward to playing.

[~ Carmen Taggart ~ Certified Kaizen- Muse Creativity Coach](#)



**The day concludes with a fabulous dinner prepared especially for you!**

**Your registration fee of \$75.00 includes dinner and all materials.**

Register by Wednesday, March 21st for Spring Awakenings: Makes checks payable to Camp Ladybug For Women c/o Terry Stahley 931 Terrace Dr. Lewisburg, PA 17837

