

"Autumn is the spring of winter." Henri de Toulouse-Lautrec

Time to seed your winter's dreaming, with my 10th annual winter retreat.

## **Darkening Into Light a winter retreat**

**with Penny Allport**

**Friday, December 19 – Sunday, December 21, 2014**



Photo by Thea Strav at Darkening into Light 2013

I offer this retreat, in its tenth year, for those called to slow down, deepen and receive the gifts of this potent time in the wheel of the year.

Through explorations and processes of inquiry-based movement and meditation, based in Yoga, Continuum Movement and perceptual inquiry, land in fruitful darkness.

In the mirror and embrace of nature, listen to the silence of everything.

In timeless space, gestate the seeds of spring.

Meet the arriving light in quiet reflection and stillness, beyond the absence of movement.

Create in paint, paper, collage and other mediums available, a portal into the coming year.

This weekend is offered as a retreat format with accommodations included.

Call to inquire into participation as a commuter.

**Retreat begins at 7 p.m. on Friday and ends at 3:00 p.m. on Sunday.**

**\$275.00 includes accommodations. Early bird \$245.00 paid in full by Dec. 1**

**Note: this retreat offers an extended period of silence to allow the inner teacher and wise healer time and space to be received and welcomed by each being.**

to register: [pennyallport@gmail.com](mailto:pennyallport@gmail.com) [604 803 4607](tel:6048034607)