

# RECLAIMING THE BONES: CALLING FORTH ESSENCE FROM THE DEPTHS

A retreat for women with Sheila Langston and Keren Vishny

September 15 - 20, 2024

*Imagine a place where you could find deep quiet. Imagine a place where the trees and the earth are welcoming, where you could take time away from your habitual daily round...*



Whale bone vertebra Photo courtesy of: Paul Souders

Bones are the seedbed of our life's blood. They shelter our heart and speak to our innermost depths. In our day to day living how easily we lose touch with bone as the foundation of our structure, as an aspect of what moves us and an essence that goes beyond our physicality. In an environment of great natural beauty, we will reconnect to the bones of our being and connect with other women on a similar journey. With a fairytale as container, we will explore dreams, move, express and play together. Join us as we enter slow time, and discover the song that our bodysoul bone-essence is singing.

## Location

The Christine Center, Willard, Wisconsin



We will be gathering for this workshop at The Christine Center. The Center is located in the stillness of a woodland sanctuary, surrounded by trees, birds and wildlife. The facility holds a meditation hall and dining room which overlook gardens, meadow, woods and pond. You will also find a library, sanctuary and shop, along with accommodations in the main building.



Additional accommodations are found in cabins and hermitages throughout the property. There are walking trails, an art studio which is open to participants, and a fire circle. The Christine Center is dedicated to supporting individuals and groups who are on a spiritual and creative journey.

## Accommodation



Accommodation choices include hotel-style rooms in the main building, multi room cabins and modern hermitages. Participants may choose private or shared accommodations. Most rooms have private bathrooms. Many have kitchen facilities. Room assignments will be made on a first-come, first-serve basis upon full payment of program fees. For more information about housing options visit [The Christine Center](#).

Note: The choice of room will determine your total fee, as they are priced differently according to size and location.

## Meals and Dining



Christine Center cooks take pride in serving creative, nourishing meals emphasizing natural foods. Many of the vegetables, fruits, eggs, honey and maple syrup come from local farms. Meals are homemade and are primarily vegetarian. Gluten-free, vegan and dairy free meals can be accommodated by request.

Note: If more stringent dietary restrictions are necessary (e.g. celiac, severe nut allergies, you may prefer to bring your own food, and to reserve accommodation with its own kitchen.



## Registration and Cost



Our program is open to women who have done a previous program with the instructors as well as to women new to our programs. If you wish to attend and have not done a program with Keren or Sheila, please contact one of us for a Zoom or phone consultation before registering.

The registration fee includes tuition and room and board. All meals are included, beginning with dinner on September 15 through to breakfast on September 20. Snacks will also be provided.

The total cost of the program ranges from \$1580 to \$1760, depending on the accommodations you choose.

Transportation is not included.

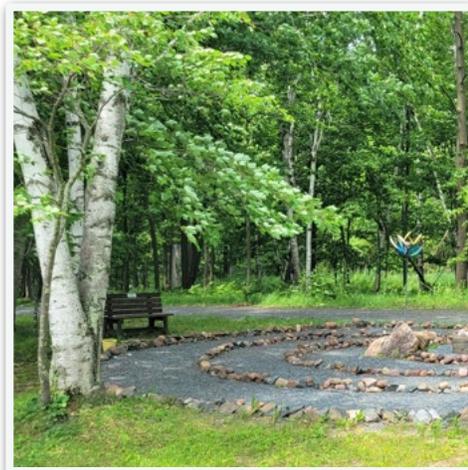
Please fill out the registration below, and send via email to both Keren ([kvishny@gmail.com](mailto:kvishny@gmail.com)) and Sheila ([sheilangston@gmail.com](mailto:sheilangston@gmail.com))  
You can copy/paste the form and your responses directly into an email.

## Additional Information

The Christine Center is located in Willard, Wisconsin, just over 2 hours drive from Madison, Wisconsin and from Minneapolis. The Center is a 4- hour drive from Chicago, O'Hare Airport. The telephone number at the center is (715) 267-7507.

Along with your registration form, we ask for a non-refundable deposit of \$200.00 USD. This deposit should be sent to Keren at the time of submitting your registration form. The \$200 deposit may be sent via PayPal, Zelle or Venmo to Keren at kvishny@gmail.com or by sending a check (address provided upon request). Once we have received your registration and deposit you will be sent a link to complete payment and to sign up for housing. Housing preferences will be honoured on a first-come first-serve basis.

If you are interested in CEU's for this program, they may be available depending on your state of residence and license type. Contact Keren for more information.



## Facilitators



Sheila is a practicing Jungian analyst living in the Pacific Northwest, in Vancouver, Canada. Trained in Zurich, she works with an international clientele via Zoom, as well as in person with clients who are closer to home. Sheila's background in theatre, specifically voice and body work, informs all her work both directly in an analytic session or workshop, and indirectly as a foundation in her lectures, teaching and practice. Sheila is a trained leader and instructor in Marion Woodman's BodySoul Rhythms work, and co-taught BodySoul intensives for many years in Ireland, Switzerland and Mexico. She also leads study groups, locally and online. Myth and dreams, creativity and the expressions of the soul are the cornerstones of her work and of her life.

Keren practices psychotherapy in Northern Illinois. With over 20 years experience, her work integrates a Jungian understanding of psyche with a relational approach, emphasizing felt experience and embodied imagination. Keren leads classes and workshops, both on-line and in person. Dreams, embodiment, simple ritual and expressive arts are at the core of her teaching programs. Keren is a physician and practiced medicine for 10 years before retraining in psychotherapy. She is a founding member and teacher in the Natural Dreamwork Community, and serves on the faculty of the CG Jung Center in Evanston, Illinois. Keren completed the BodySoul Rhythms Leadership Training Program in 2007. She likes to spend her free time in nature, along the shore of Lake Michigan or in the hills north of San Francisco



# Registration



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The Christine Center, Willard, Wisconsin

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Thank you for registering for Reclaiming the Bones. We look forward to being with you this coming September. We believe that the journey of the retreat begins now, as you make the decision to participate, and suggest that you pay particular attention to dreams that arise in the coming weeks. We invite you to answer the following questions.

Name

Mailing address

Telephone

Email

Contact person in case of emergency

What draws you to this workshop at this time in your life?

List previous work with Keren or Sheila along with anything you would like to share about those experiences.

What has been your creative expression i.e. movement (tai chi yoga dance), writing, art, dreams, etc.?

List some Jungian and/or related writers who have inspired you, or who were particularly important in your understanding of your own personal journey.

Are you presently working with a therapist? If so, does it include work with dreams and/or embodiment (eg Focusing, Somatic Experiencing, Authentic Movement)?

Do you have any health and/or physical limitations that we should know about?

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your own food, and to reserve accommodation in the Modern Hermitage with its own kitchen. If you have any questions about this, please contact the Christine Center.

Is there anything else you would like to share at this time?

Registration is complete upon full payment of tuition fee and written agreement to program conditions.

Cancellation policy: While the initial \$200. is non-refundable, the remainder of the payment is fully refundable until August 31, 2024. After August 31, a non-refundable credit for any Christine Center program will be issued and will be valid for one year.

Please sign and date below to indicate that you understand and agree to these conditions of registration.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_