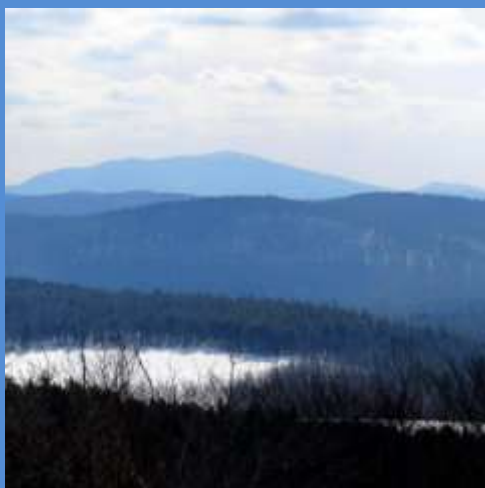


TO REGISTER:

contact local host LISA KELLY by phone 802-375-3753 or go to the following link:

[CLICK HERE TO REGISTER](#)



"River Road Farm is a beautiful place both physically and energetically. This workshop is both an opportunity for healing and one for connecting and having fun with other like minded women in a retreat setting. The meals being created will be delicious and use local sources. We have kept the cost of lodging and food low to encourage you to choose them, and fully immerse yourself in this experience without the worries of the outside world."

Molly McMillan and Lisa Kelly



POWER RETREIVAL TESTIMONIALS

"Before attending the Power Retrieval workshop I suffered from fibromyalgia, endometriosis, asthma, and allergies. I was taking many medications and suffering greatly. Now, I am off all my medications, my doctor confirmed there is no more allergy, and I feel great! Thank you for changing my life." Donia Yousry

"After the Power Retrieval, I started to feel very independent, stronger, and much more whole. I now feel like I am so much more comfortable being who I really am. I feel like I have accepted myself so much more. I can see the truth more clearly now. The changes are really, really significant. Also, it is very natural to stand up for myself now, where in the past I would have to think about who was right, even if it was me. Now I just know. I have participated in spiritual work before, but the work that I have done with you has been so life altering for me it's just incredible. Thank you!!!!" Sophia Plagiannokos

"My knee went back into alignment during the Power Retrieval in a way that it wasn't able to with many years of bodywork. It is less internally rotated at the hip, and tracking in the femoral groove. I believe it was due to the forgiveness I processed during the workshop. It was very powerful work, and I'm glad to have been a part of it." Megan Eadie-Jensen

POWER RETRIEVAL FOR WOMEN



created and led by
Molly McMillan, OTR/L

founder and owner of Monadnock
Myofascial Release and Manhattan
Myofascial Release
www.monadnockmfr.com and
www.manhattanmfr.com

Throughout our lives we have all had the experience of “giving our power away” or feeling it was taken from us, leaving us with the sense of not being whole, and wondering what was missing. This loss of power, otherwise known as Chi, Prana and Soul, can cause us to feel out of touch with our bodies and with our lives, it can cause illness, depression, pain, and fatigue.



This workshop will give you the opportunity to retrieve your vital essence through Shamanic journeying, Sound Healing, Myofascial Movement, Art and Ceremony all done in a supportive and empowering women's group environment. When we experience life with this vital essence or power we are connected to the flow of life, we feel healthier, happier, and more energized.

Please join us, and re-discover the power that is your birthright.



Molly McMillan, OTR/L has been the owner/director of Manhattan MFR in NYC for 16 years and of Monadnock MFR in NH for 5 years.

She has been practicing the art of healing as an Occupational Therapist using the John F. Barnes, P.T. Myofascial Release Approach for 20 years, and now instructs practitioners nationally for his company, MFR Seminars.

She has studied and practiced Shamanic healing methods with incredible results for the last 14 years, specializing in Soul Retrieval. She was a member of the New York Shamanic Circle's inner core, leading and co-creating their events and workshops.

Molly created this workshop in 2006, as a way to guide others in retrieving their own soul parts. It has since evolved and been offered many times in NY, NH, RI, and MA.



Where:

River Road Farm, 2330 River Road, Manchester, VT

go to <http://riverroadfarm.com/home/> for more information.



When:

Friday, July 29th from 7-9pm, weekend introduction with sound and movement
Saturday, July 30th 9am-12pm- workshop, 12-3pm-break with group activities available, 3-6pm -workshop.

Sunday, July 31st from 9-12, workshop

Cost:

Option 1: workshop only \$175 if registered prior to June 20th, \$200 thereafter.

Option 2: workshop with onsite lodging \$250 if registered prior to June 20th, and \$275 thereafter

Add \$40 to include two breakfasts, two lunches and one dinner