



Embodying Conscious Femininity

Dear Participant,

We welcome you to our **2013 Omega Institute Spring Weekend Workshop: Embodying Conscious Femininity - A Descent into Body and Soul**. You have reached out and embraced an opportunity to journey within. You will soon have the space and time to slow down and listen, to allow yourself to experience the unknown next step that awaits you. When you slow down and experience a deep sense of safety, you may find the courage to challenge your limits, to venture into uncomfortable situations and to learn to find a new, more balanced way of being.

This descent already began for each of you at the moment you made this commitment to attend. Your sleeping and your waking dreams, your feelings, your daily situations, your bodily sensations have been quickened by and have reflected this decision. You may find it helpful to keep your journals nearby and to notice all of it from this perspective. Do not be concerned if insights or dreams are not coming your way. Trust the timing of your own journey.

It is an option to reside on campus for the weekend. It is also an option to commute for the weekend experience, giving you the opportunity to notice the transitioning between your inner and outer worlds. In either case we do ask you to be present for the entire experience, from arrival on Friday evening May 3, 2013 at 7:30pm - 10:00pm when we first come together until Sunday May 5, 2013 at 2:30 pm when we safely separate again.

As we mention in our release form, we recognize that during this program, personal material is released into consciousness. Although there is usually ample opportunity for some of this to be integrated during our time together, we do urge you to have both the inner and outer resources to bring this material home to. We strongly recommend that you have an analyst or therapist with whom you can fully process your experience.

For those of you who have never been to the Omega Institute, it has a beautiful campus that will allow us to take in the beauty of nature. Omega is a community whose goal is to "awaken the best in the human spirit" and a supportive staff that will attend to your needs. Bring your journals, your dreams, your slippers or cozy indoor shoes/socks, blanket and pillow, all the things that will allow you to create comfort for your body. Bring clothing that you can layer for our afternoon movement. Bring an umbrella/rain gear in case it rains. Most pathways are lit at night, but a flashlight will be helpful for getting around.

Omega serves vegetarian fare so protein will come in the form of legumes, eggs, nuts and seeds, nut butters, cottage cheese, yogurt and milk. If you need meat in your diet, chicken and tuna is on the menu at the Omega Café that is independent of the Omega dining room. Please let us know ahead of time if you have any special dietary needs.

There is Internet access in the Omega Café. Cell service is very spotty. We encourage you to consider being "off-line" for the length of the intensive so that you can focus on your own inner process. If you must be in touch with the outer world, we strongly recommend that you keep this contact to a minimum. Please discuss any special circumstances with us.

Attached you will find a waiver. Please sign this and return it to Omega as soon as possible.

PLEASE CONTACT US BY EMAIL SO THAT WE KNOW YOU HAVE READ THIS LETTER AND SO THAT WE HAVE YOUR EMAIL ADDRESS FOR ANY FURTHER DETAILS THAT MAY COME UP.

We look forward to welcoming you on May 3, 2013!

Best Regards,
[Linda and Sherry](#)

Embodying Conscious Femininity: A Descent into Body & Soul

Linda Kawer and Sherry Wheaton

May 3-5, 2013

0902-426

Release, Waiver, and Indemnity

In order to participate in any of the Marion Woodman Foundation Affiliated Programs, including Embodying Conscious Femininity taught by Linda Kawer and Sherry Wheaton:

1. I accept full responsibility for reporting all medical and/or psychological issues that could have any impact on my physical or psychological well being while participating in this workshop. This information will be kept strictly confidential.
2. I accept full responsibility for any risks to my person and psyche and to my property by accident, injury, illness, damage or otherwise while attending and participating in the program, and I agree I am attending and participating in the program voluntarily.
3. I for myself, my heirs, executors, successors and assigns, hereby release, waive and forever discharge the Marion Woodman Foundation, Embodying Conscious Femininity, Linda Kawer, and Sherry Wheaton and any other person in any way associated with the program, of and from all claims, demands, and damages, expenses, actions and causes of action, whether in law or in equity in respect of any accident, injury, illness or loss or damage to my person or property howsoever caused arising directly or indirectly because of or in any way connected with my attendance at and participation in the program, whether prior to, during, or subsequent to the program and notwithstanding that the same may be contributed or occasioned by my negligence.
4. I understand that this is an educational program only. The instructors recognize that during the program, personal material is released into consciousness. During group discussions, some of this material can be integrated.
5. However, it is expected and strongly encouraged that all participants take their personal material back to their own Analyst or Psychotherapist for further integration. The program is designed only for group learning and processing. There are no formal individual sessions available during the program.
6. Since this is an educational program, it is expected that a participant is able to take care of her own person, psyche and property for the duration of the weekend or weeklong workshop. However, in the remote possibility of an unanticipated event, the instructors reserve the right to ask a participant to leave, if, in their opinion, there is a possibility of damage occurring to the person's body or psyche. A pro-rated refund will be given. Travel expenses will not be reimbursed. When the program is offered under the auspices of or tuition is paid to another entity (e.g. Omega Institute, Kripalu, etc.) their refund policy regarding such situations will prevail.
7. I consent to receive medical treatment in the event of injury, accident and/or illness during the program.

By signing this Release, Waiver and Indemnity, I acknowledge that I have read, understood and agreed to its terms.

Signature and Date: _____

Please Print Your Name: _____

Please return this waiver by:

Mail:
Omega Institute for Holistic Studies
Attn: Registration Dept
150 Lake Drive
Rhinebeck, NY 12572

Or scan and email:
classapplications@eOmega.org