

Return to Wholeness



October 13 to October 15, 2006

The Foundation for Women invites you to A Retreat for Women ~
Experience deep abiding peace and learn how to access that - any time, any place.



Come join us as we restore body, mind and spirit on a weekend retreat in the beautiful Idyllwild Mountains. Gathering with like-minded women for a weekend

filled with quiet contemplation, gentle yoga, simple meditation and time for self-reflection, this Retreat will take us into the Heart of Peace where we know ourselves as whole, connected and one with all Life.

Our Retreat will be held at Camp Buckhorn in Idyllwild, California and will be led by Deep Yoga teacher and FFW yoga instructor, Laura Plumb. Camp Buckhorn is located in Idyllwild, California, approximately 110 miles northeast of San Diego. Idyllwild is nestled in the San Jacinto Mountains. This majestic location possesses pine trees, sweet smelling cedars and legendary rock formations. The town of Idyllwild has preserved its colloquial atmosphere through its locally owned shops and restaurants. This retreat will help you escape the stress of daily life. Bring a friend and share the experience.

Date: Friday, 10/13 – Sunday 10/15



Location: Camp Buckhorn, 24641 Hwy 243, Idyllwild, CA 92549

Cost: \$175.00 per person including meals, lodging and program.

Logistics: Arrival – Friday, October 13th at 3pm
Departure – Sunday, October 15th at 1pm

Think about coordinating transportation with other members and forming a carpool.

To make a reservation, please contact the FFW at 858.483.0400 by Monday, October 2, 2006. For more information about the camp itself, please check the Camp Buckhorn website at www.campbuckhorn.org. For more information about Laura Plumb, please check her website at www.lauraplumb.com For more information about the retreat, please call the FFW Center at 858.483.0400.