

*Do you feel blocks to  
your creativity?  
Are you having enough  
fun?  
Are you longing for  
meaningful connection  
with women?*

## *Creativity, Connection and Comfort*

### *A Weekend Retreat for Women*

*Do you need a restful  
weekend in the  
country?  
Do you miss your  
connection to nature?  
Do you long for more  
joy in your life?*

Join us for a women's residential weekend retreat at Frog Creek Lodge near Gig Harbor, WA. We will enjoy an arts activity with Florida guest artist Cathy Simms! We will inspire our creativity through meditation, visualization, and group hypnosis. We will blend in writing memoir, an art project, movement and comfort with the senses. We will call on Divine Mother to support us. We offer you a weekend in retreat with the magic that always accompanies a circle of women. Your insurance may cover a portion of your tuition cost. Ask about payment options.

**When:**

Friday May 31, 2019, 4:00 PM - Sunday June 2, 2019, 4:00 PM

**Where:**

Frog Creek Lodge  
15003 64th. St. NW  
Lakebay, WA 98349

**Cost:**

\$495 Tuition (\$50 discount for early registration)  
Pay \$150 deposit before March 31, 2019, \$200 after  
with the balance due on May 1, 2019

**Room and board** (depending upon signup total due  
prior to the weekend)

6-8 participants - \$325

10 participants - \$260



Frog Creek Lodge

**Mary Anne Balch Spiegel,  
LICSW**

Therapist, Teacher, Writer  
maryanne@maspeigel.com



Mary Anne Balch Spiegel is an experienced psychotherapist, advanced clinical hypnotherapist, and writer. She enjoys weaving the arts into her healing work by presenting Women's Creativity Workshops. She holds a Bachelor of Arts degree in Psychology from Ohio University and a Master of Social Work degree from the University of Michigan. Mary Anne is a member of the Academy of Certified Social Workers, a Board Certified Diplomate of the National Association of Social Workers, an Advanced Certified Clinical Hypnotherapist, and a Washington State Licensed Independent Clinical Social Worker. Along with her individual practice, Mary Anne conducts workshops for couples and ongoing groups for women.



**Cathy Simms**  
Mixed Media Artist

Cathy Simms, a noted Mixed Media artist from Palm Harbor, Florida, will lead a creative arts session for our retreat. Cathy first met Mary Anne in Ohio, and they are lifelong friends. Recently, she won first prize in the Invitational Florida Fiber Arts Exhibit along with other awards in Florida and North Carolina. After retiring from the corporate business world, Cathy began exploring her own artistic creativity. Moving rapidly from traditional to art quilts and mixed media, Cathy challenges herself to combine fiber with other elements like paper, metal, wire, and ceramics. Cathy's creative sense weaves a theme, story, or person into her work. Her arts session will encourage you to carry a creative theme into a simple visual art work. No drawing ability is needed and lots of fun materials will be provided for your artplay. Your completed project will be a fun reminder of your own creativity.