PRESENTS:

An InterActive Retreat Weekend

Celebrating Spring On The Beautiful Tennessee River

Living from Inside Out

MARCH 21-23

Discover the *Art of Life* as You Can Know It:

- ***Easy in Body***
- ***Graceful at Heart***
- ***Magic in Action!***

What happens through You?

Each of us is a living channel for unique and valuable gifts to the world. ***Peace, Joy, Art, Truth, Invention, Beauty, Humor, Love, Children…and Much, Much More****. Choose something you dream of bringing into the world. At this retreat in a great house down by the Tennessee River, (2 hrs. south of Nashville) you'll find an environment of* ***fun, ease, inspiration****, and* ***support*** *in which to explore and play with possibilities for action.*

Retreat Leader: *Nika Quirk, M.B.A.*

is a **BodySpirit Coach** and **Certified InterPlay Leader**. Through her business, **Betwixt 'N Between**, she offers individual coaching sessions, workshops, and group retreats, as well as InterPlay classes. Nika believes that magic is the energetic essence of each of us and ripples through everything in our world. Acting as a powerful and playful ally, she holds the space for people to dream, imagine, manifest and release their magic into the world. Nika is a lifelong dancer, and has performed in Greece, the San Francisco Bay Area, and Sydney, Australia. In corporate life, her expertise was applied to the areas of communication, process, project management, and organizational development. She resides in Alameda, California. Contact her at **www.betwixtnbetween.com**

Proposed Schedule

Friday

7-9:30 BodySpirit Coaching Session- Diane's House

Saturday

9:30 – 10:00	Arrive at River House
10:30-1:30	Morning Session
1:30 – 2:30	Lunch
2:30 – 4:00	Free Time
4:00 – 6:30	Afternoon Session
6:30 – 8:00	Dinner (with guests)
8:30 – 10:00	Community Play Time

Sunday

From waking until 9:00: Being Silent
Shape & Stillness Dance, Meditation, Journaling,
Sit by River, and other Quiet Activities

9:00 – 10:00	Breakfast
10:00 - 12:30	Wrap-up Session
12:30 – 1:30	Lunch
	Pack up, Leavetaking &Travel

EARLY REGISTRATION- $125 before Feb.21
(includes all sessions, room & Sat. dinner. Local residents may attend either the Fri. opening session ($20) or the Sat evening session & dinner ($30).
We'll do some boating, weather permitting, have some fun, enjoy good food and also quiet time.
Space is limited to 14 lucky people! RSVP today!
We ask that you bring lunch and breakfast foods you like, your favorite pillow, journaling materials, comfortable clothes, and a playful spirit! (some work/study exchange available)

Contact Diane at: www.interplaytn.org
615-884-8074, celebrate@onemain.com

See pictures of last year's retreats on the website!