



# WOMEN'S RETREAT

Join us for a weekend of personal & spiritual renewal.

**November 14 - 16, 2025**  
**Truro, NS**

Beginning with dinner on Friday evening, and wrapping up after brunch Sunday morning, we will spend the weekend together praying, singing, meditating, socializing and sharing belly laughs, eating delicious food, gently moving our bodies, playing and creating, and sharing our stories with new and old friends.

All women of all faith traditions and belief systems welcome.

Activities will be appropriate for all ages and all physical abilities.

**Cost: \$125 per person**

Registration fee includes all activities and meals.

*Concession rate available for those for whom the cost is prohibitive.*



Our guest facilitator is Caelin Nadin, certified Somatic Practitioner, who uses breathing and other gentle techniques to help calm one's nervous system in the midst of anxiety, grief, chronic pain, PTSD, and the general stress of being alive in our chaotic world.

To register, or for more information, email [admin@communityunitedchurch.org](mailto:admin@communityunitedchurch.org).

*\*Registration limited to 50 women.*