



# Hustle & Flow

## Workshops

### Infused with Intention

What has drawn each of us to this sacred place in the high desert, and what are our hopes for the weekend? We will begin our weekend by exploring our intentions, keeping in mind that everyone is coming to this experience from different places. By participating in the weekend, we are each allowing ourselves to take risks and be a little vulnerable. We will step lightly into the idea of radical self-love. There are many reasons for finding ourselves drawn to this gathering; we all have the opportunity to share, learn and listen. It's up to each of us to curate the experience that will nourish us--to allow our intentions to unfold. We consider how best to meet ourselves where we are and how the opportunities of the weekend will best support our individual & collective needs.

### Lighting the Beltane Fire

Beltane marks the peak of spring, a time of growth and renewal. It offers a brilliant moment to bring ideas, hopes and dreams to life (think fertility and conception!). The fire of Beltane was traditionally lit to honor the coming of the sun, the changing season, a bountiful harvest (seeds taking root, as do our aspirations). The fire itself offers the deep archetypal symbolism of clearing out those things which no longer serve us, making space for something new and fresh to grow instead. Feel free to bring a small token to release into the flames as we are warmed by the flames and energy of renewal.



**Heidi Whitehead** hails from Denver, Colorado, where she spends her days immersed in the magic of early childhood. Life as a single mother of two teens and a kindergartener keeps her life full and noisy! She has always been lucky to be surrounded by incredible women in both friendship and in family, and those relationships inspire her continually to gather and circle, to learn and share from the deep well of intergenerational wisdom of the feminine experience. For her 40th birthday, she decided to gather together as many of these women as she could for a weekend getaway. While at Joyful Journey that wonderful weekend, it became evident that this sort of circling, this connecting, this opportunity to be and grow and love and share in sisterhood ignited a sense of ancient spiritual significance, a feeling of unearthing lost treasure. Merrick and MC also shared this feeling, along with desire to hold space for this circling in our lives, to gather again and to share it with other women in our lives. Thus began Hustle & Flow.



## With These Hands

This two part lab centers on the physical, energetic and mythological hand. Using meditation and writing (and a little art), we will spend the first session mining our hands as locations of memories and identity.



Building on session one, session two will focus on healing. We will explore hand anatomy, hand massage and hand yoga, and learn how to make herbal preparations that support the important work of our hands.

**Amy Bowers** is a writer and homeschooling mom of 3 t(w)eens. She lives with her family on the ancient beaches of the central Florida ridge where she marvels daily at the wide array of wildlife passing through her backyard.



**Melanie Levy** is a misfit living in the hills of the Appalachian Mountains. She's a homeschooling mom to 4 kids and is often lost in thought as she tweezes apart the dualities of life. She loves hiking along the Appalachian Trail, pulling tarot cards, listening to the plants and animals for all sorts of messages, and watching her kids meditate. She trusts in connection and believes we are all just trying to find our way home.

## Less Hustle, More Moola

*(for the business ladies in da house)*

We all know money doesn't buy happiness and besides, when it comes down to it, the business you're building isn't really about the money anyway. It's about being fully self-expressed in the world and making a difference through your unique craft. Sadly though, too many soul-fueled entrepreneurs (the passion-driven, heart-inspired, wild-witchy ones like us) are squeezed financially. And let's face it, that blows. Because nothing sucks the mojo right out of your blood and bones like worrying about paying them bills.

But guess what... making great money doing exactly (and only!) what you love is much simpler than we've been taught. When you shift how you look at the puzzle - just a bit - all of a sudden the pieces click into place and SMACK - you have a \*forehead slap\* aha moment. The truth is, simple tweaks can triple your income, free time, and satisfaction (for both you AND your clients). For real. Time to stop working so damn hard for so little.

In the Less Hustle, More Moola workshop: Founder of Business Heroine Magazine, Anne Perry, will show you the one simple shift that transforms the whole business game, she'll share case study examples so the concepts are crystal clear, and will give you exact steps you can put in place immediately in your own business to break through your personal income ceiling once and for all.



**Anne Perry** believes we get to invent our life (and career).

*After spending years burdened by debt and suffocating jobs, Anne was determined to escape the hamster wheel life and leave a trail for others like her. Despite massive self-doubt (and not knowing what the hell she was doing), she eventually carved her own path to freedom and became a work-from-anywhere entrepreneur - running her business from the beaches of Belize, from islands off the coast of Panama, and while traveling around the United States in a motorhome.*

*She has since founded Business Heroine - a magazine, media platform, and training company dedicated to empowering women to break free of the mold and create life according to her own design. When asked how she became a magazine editor and CEO, Anne willingly shares her secret: "I just made it up."*

## Unwind + Grind- Sol Vida Dance!

So what is this Unwind + Grind business all about? For our sake, it will ultimately be one grand moving meditation, we will begin with an intention, a breath set, and then awaken our body through an awareness of the 5Rhythms (Flow, Staccato, Chaos, Lyrical, and Stillness) from there, I will teach you some quality booty shaking moves and after that you get to play with your new found self and dance free form to some quality electronica, some reggae/world varieties, some downtempo/new agey jazz type melodies and end with some I-feel-like-myself-again feels. It will be grand.



**Axé (Ah-Shay)**

*I like to dance. No, I love to dance. I love to help people move and connect with their personal expression of the Divine. I have devoured as many movement studies as I have been able to contain thus far since the age of 9. What really gets me going is fusion: the blending of styles, my favorites are probably any variety of Afro-Fusion, Afro-Modern, Afro-Brazilian (you get the idea), however I am also a total cheesy dork and love musical theatre, have respect for Ballet, and have recently taken to dancing like a hippy maniac through various forms of ecstatic dance. It's fun. It's the greatest release. It's what I think to be one of the most rapid releases and ways to immediately connect with source and self.*



## Poetry & Stillness

Can poetry help us consider the roles that stillness, prayer, and meditation can play in our lives? What forms can prayer take outside of religion, or in a personal experience of religion? Will thinking about these ideas in Crestone, a town with a shocking number of religious and spiritual centers, feel cliché—or brilliant?

No previous experience with or affinity to reading or writing poetry is necessary. In the presence of one of the many nearby temples or shrines, we'll read and discuss the work of poets concerned with prayer in many forms: as a petition, a mantra, a way of increasing awareness, a complaint, a documentation of the natural world, a conversation, a message. Then we'll play with creating our own poetry to keep, and to leave nearby as a gift/conversation starter for someone else.



*Cathleen Drake Nelson has taught writing to all ages from preschoolers through college students, and currently is attempting to balance her own work with her life as a mother of young children. She looks forward to, one day soon, writing more than she thinks about writing. She lives in Central Florida, where she grew up, but misses Colorado, where she spent some important years of her young adult life.*

## Yoga Classes

### Morning Flow

In a heartfelt practice, I will blend a soothing deep stretch with a touch of gentle vinyasa to achieve an attitude of self-acceptance and genuine self-love. This class will focus on expanding the chest and opening the heart and by doing so will instill a deep awareness, that we all need to love our own true unique self.

Be prepared to build heat by holding poses and slowly flowing, using our breath as our guide. Physically, building heat releases toxins and re-energizes our bodies. Mentally, the synchronized breathing relaxes the chatter of the mind and helps to release any blockage of energy flow throughout our bodies. You will leave with an open heart feeling well balanced and energized. Please bring a yoga mat and any props you'd like. \*extra mats will be provided

### Afternoon Restorative

Join me for a special yoga class designed to help you relax and unwind for some much needed self-love. During this time I will gently guide you into a space of deep relaxation and inner peace using heart opening restorative poses, self-massage, music, meditation, and aroma therapy. Leave refreshed, balanced, and filled with deep love and gratitude for yourself.

Students will stay in these supportive and calming poses for 10-15 minutes each. Therefore, participants need to be as comfortable as possible and are asked to bring the following props: a yoga mat, block (thick book), strap (men's tie or belt), pillow, blanket, socks, and towel (beach towel). I will show you how to use these every day props so that you can take this practice home with you. \*extra props will be provided.



**Jen Chavez** started practicing yoga in 2005. Not long after starting her practice she saw that yoga was giving her the gift of clarity, focus, strength, and peace, and even transmitting to those around her. Jen began her yoga teacher training in 2011 after the birth of her first child. Since then, she strives to keep the practice of yoga part of her daily life as a teacher, a mother, a wife and an adventure seeker.

*Jen teaches with mindfulness to alignment, and encourages expansion and peacefulness using the breath as a guide. Through movement, breath, music, and meditation, it is her hope to create a class that leaves student's feeling alive, relaxed, uplifted and inspired.*

## Love Yo' Money, Love Yo' Self

What is your relationship with money? Love it? Hate it? Struggle with it? Often, we feel like there's never enough or are laden with guilt regarding our financial contributions to our families or the ways that we spend money for our families/households.

Liberating ourselves from the negative relationship/thoughts/feelings we may have about money can be deeply connected with shedding self-doubt, self-hate or other negative self-talk/thoughts. We'll talk about money and reflect on how we spend it, what we'd like more money for and how we can learn to love our money and ourselves. Through a creative Make Your Money-Zine exploration, we'll create a hand-made take home item that can serve as a reminder of who we are, what we value and how we want to spend (or save) our money. Our spending habits should reflect our values and ideals, but we're not always in sync in that way. So often when we think of "budgeting," we shift over to our analytic mode of thinking and even cringe as we associate budgeting with sacrifice, loss, restrictions. Through exploring the subject of money in a creative way, we can free ourselves from that negative association and engage in new ways of thinking (and living) so that we can love our money and love ourselves.



**Jennifer Fischer** is a film producer, editor, and writer. She is also the co-founder of Think Ten Media Group, a SoCal based production company focused on creating film projects that highlight our shared humanity and on empowering others to create film and video projects. She has lots of real life experience in the area of learning to love her money as she and her partner have been living on a single family income in Southern California for nearly 5 years as they focus on building their business and raising their two young sons. She is an award-winning filmmaker whose projects focus on topics like mass incarceration, immigration, genocide and other light-hearted subjects (that was an attempt at sarcasm). She loves traveling, particularly international travel, and recently learned to love her money in a way that will allow for more travel in the future, since most of her overseas travel was put on hold when she had her kids. Jen also ran a film festival for 7 years and loves curating interesting film content and resources for independent artists. She currently lives in a very small town in Southern California, but she grew up in Oklahoma and Texas. Though she's embracing country living right now, she also loves big cities and has lived in Boston, New York and Cairo, Egypt.



## Meditation



My name is **Mamie Gibson**. I found meditation after the birth of my children, now five and eight. I needed space to ground myself and my energy so that I could focus on becoming the parent I wanted to be. In time, my meditation practice, or sadhana, meaning to sit, led me to an asana practice. Asana are the physical postures people typically think of when they think of the word, “yoga.” I successfully completed a 200 hour yoga teacher training in classical Hatha yoga and Ashtanga yoga of Patanjali in 2013. My daily self-love meditation and chanting center me and make me feel peaceful inside and out. I enjoy sharing the gift of meditation with others. I look forward to guiding participants in an all levels mediation workshop. This will include pranayama (breath work), chanting and light asana.

Please wear comfortable clothing and a yoga mat and pillows (if you wish). No shoes necessary.

## Zumba!



My name is **Mariah Aldinger**, and I am excited to offer a Zumba class at this year’s Hustle and Flow! Last year, I taught my very first class at the retreat, and it was so much fun! I couldn’t have asked for a better group of women to share my first experience teaching Zumba. I discovered Zumba in 2012 at the advice of my therapist. I was looking for something to help me “get out of my head.” Zumba was it and I’ve been addicted ever since! If you have never done Zumba before, this is the perfect opportunity to try it out! You will need a good pair of workout shoes and comfy clothes. Come ready to dance, sing, sweat, and most of all, have fun!

## Where You End & I Begin:

### *Boundaries as Radical Self Love*

Each and every day, we are bombarded by requests for our time and energy from our families, co-workers, friends, and neighbors. We are inundated with information, news, notifications, and other demands for our time. Courtney Martin wrote, “We are a generation of women who were told we could do anything and instead heard we had to be everything.” We live in a culture that seems to measure our worth by how crazy busy or burnt out we are. It feels like an act of subversion to tell a friend that you’re well-rested and content. Boundaries are the key to radical self-love, compassion, and practicing loving kindness.

In this workshop, we’ll undercover the blocks that prevent us from setting the boundaries we crave. We’ll talk about the serious discomfort involved in manifesting a more boundary-ed life. You’ll have the opportunity to develop your own “Boundary Action Plan” complete with accountability strategies. Whether you want help with interpersonal & emotional boundary setting or coming up with ways to protect your time, this workshop will cover it all. We’ll begin to uncover your own needs and how they influence how you approach setting boundaries in your



life. And we'll discuss ways to communicate out your needs to others using the principles of non-violent communication.

Bring a pen and notebook.



*Five years ago, **Merrick Weaver** quit her job as an executive director and moved into a full-time domestic role. She thought she'd solved her all her over commitment problems, but it turns out that setting boundaries - both personal and professional - has nothing to do with your employment status. Opportunities abound to test our boundary setting resolve. In the past year, she's tested out her powers of saying no, has learned how to more mindfully approach new projects and commitments, clarified her needs (and the needs of her family), and has pulled together a team of friends to support her. Merrick is a strategist & life coach, offering one-on-one sessions, and group classes in Denver, and last year started offering online classes. She accidentally started leaning into minimalism a couple of year ago and formed a little community of like-minded folks on Facebook.*

## Taking it Home

That full heart feeling, that sense of being whole and loved around those that get it...let's capture it and set ourselves up for long-term intention of self-love tomorrow and beyond. Take this opportunity to hold the moment in a letter to your future self, as well as create rock solid reminders of the fun you're experiencing in this magical place with amazing women. You're worth it and we can't forget it.

We will close our weekend with the way we started: together and with a few more surprises on ways to Love Yo' Self!



***MC DeGood** comes to you from small town North Carolina with over 15 years of professional experience working in non-profit and formal education settings. In her former life, she promoted positive youth development through practical implementation within the community by creating and sustaining youth and volunteer programs. Now, this stay-at-home mom of two spends her extra time as a professional volunteer, creating community opportunities with other moms, kids, as well as local movers and shakers. Oh and sewing Hustle & Flow retreat tote bags!*