

# Once Upon A Time...

## Adventures of the Wild Soul

Yoga and Writing Workshop with Madhuri Martin and Judyth Hill

When you read Cinderella...ask yourself...am I this one, tired, workworn, yet always hopeful...sent to sort peas from ashes, ordered about...the one that must cook and clean... and the one left at home, when the Prince gives a Ball..? Or, is it me sent through the woods, clutching the tiny hand of my trusting brother...finding ourselves tempted..by a house looking as if made of sweet treats... discovering ourselves caught, imprisoned by the Witch?

So...how do we...save ourselves and escape the Witch...receive the Goose that Lays the Golden eggs? How do we get ...through the woods...find our Grandmother...Save our Sister? Our Brother? Ourselves? How do we get Home? How do we get to the Ball?

These are the questions, and the answers we can delicately, and playfully, explore...with our passion, and courage, among friends.

As we begin to experience the stories as the Yoga of our Soul and Psyche, from the inside out, telling and writing and enacting their magnificent, perfectly chosen details..we begin to see and understand ourselves in entirely fresh and new ways; ways that open unlimited possibilities of choice to us...

And our bodies already know these stories! They hold them, so stalwartly - waiting and trying to tell us! So patient! So generous!

And now, at last, we listen...

### FRIDAY, MARCH 19

4:00 - 6:00pm Yoga,  
7:00 - 8:30 pm Writing

### SATURDAY, MARCH 20

9:00 - 12:30 - Yoga and writing,  
2:00 - 5:30 - Yoga and writing

### SUNDAY, MARCH 21

9:00 - 1:00 Yoga,  
12:00 - 2:00 Writing

Rivendell Retreat Center  
in Sewanee, Tennessee  
Residential @ Rivendell  
(workshop and B&B) - \$400  
Commuter: \$200,  
Meal plan available  
For more info: [www.muddyoga.com](http://www.muddyoga.com)



**To Register: Jeannine Clements at 931-924-4000, [rivendellretreats@me.com](mailto:rivendellretreats@me.com).**