



“Self Love through the Sacred Feminine”
A Women’s Retreat on Orcas Island with Jo Jayson
March 31 ~ April 5, 2019

You are invited to join a unique gathering of wonderful women who are coming together for five full days of self-love , self-care, inspirational art, ceremony and sisterhood, held in the most nurturing of settings on beautiful Orcas Island.

“Self Love through the Sacred Feminine” is designed by Intuitive artist and teacher, Jo Jayson and hosted at Heartwood House by Gretchen Krampf. We have invited the gifted guidance of some of our favorite island teachers/healers to offer bodywork , movement and ceremony.

*Our intimate gathering is limited to **ten invitees** and will be centered at Heartwood on Orcas, a waterview home in Eastsound, the main village on Orcas Island. Orcas is called the Gem of the San Juans and you’ll have many opportunities to discover her splendor. Moran State Park and Turtleback Mountain offer incredible hiking trails, waterfalls, mountain lakes and broad vistas.*

Our intention is to provide deep healing and gentle introspection with plenty of fun and joyful moments throughout our days together. You will be nurtured with a Morning Stretch, Meditation and Breakfast. There will be a Morning and Afternoon Session presented by Jo on each of the thirteen lessons on the journey back to self-love laid out so beautifully in Jo's book (see below)

Afternoons will be spacious, with optional healing and activity offerings of Bodywork, Acupuncture, Reiki, Flower Remedies and Personal Intuitive Readings. These special A La Carte treats for your individual afternoon sessions, will be listed in the menu of offerings upon Registration.

OPTIONAL Guided Kayak and Nature Tours are also available on FRIDAY afternoon. Wander into Eastsound and enjoy our shops and galleries...or enjoy time in the sauna and hot tub, then take a nap. Heartwood's Heron Garden welcomes you to renew your Spirit in the sauna and hot tub. Afternoons from 12:30 until 4:30 are YOUR TIME.

Delicious breakfasts and some dinners are included, using fresh, locally sourced products and produce, prepared with loving care and effort made to accommodate special dietary needs. You can also indulge in our Island's excellent restaurants for lunch and dinner on select days.

::THE FLOW of our DAYS TOGETHER ::

This five day retreat in the serenity and magic of Orcas Island, will be a unique opportunity to take time out of one's busy life and focus just on you. In these 5 days we will be learning the thirteen channeled lessons and wisdom to self-love laid out in Jo Jayson's award winning book "Self-Love through The Sacred Feminine"

Each day we will be aligning with different aspects of the beautiful and life changing guidance of these thirteen Sacred Feminine archetypes Jo has channeled and painted. We will explore in depth these aspects of self-love and how so many of us struggle and suffer in our quest to love ourselves unconditionally. Offering love to oneself brings miracles and shifts into our lives that we can only imagine. As women we are the caretakers and compassionate vessels for humanity and yet too many women fail to offer that compassion to themselves.

This retreat offers you the space and time to connect deeply with yourself, to bond with 10 other women in sacred space and to connect with the magical healing energy of Orcas Island.

Sunday evening

Arrive on Orcas Island by 5:30PM

7:00pm

WELCOME SUPPER at Heartwood House

8:15pm

Opening Ceremony and Circle

Monday

8:00-9:00am

Morning Stretch

9:00-9:45am

Breakfast

10am-12:30pm

Morning Workshop

**GUINEVERE - Self respect and honoring the self*

**THE MAGDALENE - Unconditional Love & embracing & embodying the Sacred Feminine*

12:30-4:30pm

Lunch and Free Time

bodywork/healing/channeled readings/walks/journaling

4:30-6:30pm

Afternoon Workshop

**BRIGHID - Flowing with the cycles of womanhood and life*

DINNER ON YOUR OWN TONIGHT

Tuesday

8:00-9:00am

Morning Stretch

9:00-9:45am

Breakfast

10:00-12:30pm

Morning Workshop

**ISIS - Internal power -empowerment - taking your power back*

**MARY THE MOTHER - self-comfort, asking for help & self-talk*

12:30-4:30pm

Lunch and free time

bodywork/healing/channeled readings/walks/journaling

4:30-6:30pm

Afternoon Workshop

** JEANNE D'ARC - finding Faith, courage and strength*

7:00-10:00pm

*Dinner and "Painted Prayers" **

Creative Activity led by Jo Heartwood House

Wednesday

8:00-9:00am

Morning Stretch

9:00-9:45am

Breakfast

10:00-12:30pm

Morning Workshop

**MIRIAM - Choosing and accessing Hope & Joy*

**GUAN YIN - Forgiveness & compassion for others & self*

12:30-4:30pm Lunch and free time

bodywork/healing/channeled readings/walks/journaling.

4:30-6:30 Afternoon Workshop

***MORGAN LE FEY** - Embracing the light & dark in our lives

DINNER ON YOUR OWN TONIGHT

Thursday

8:00-9:00am Morning Stretch

9:00-9:45am Breakfast

10:00-12:30pm Morning Workshop

***ARTEMIS** - Independence, boundaries & focused intention.

***KALI MA** - Allowing & understanding endings & beginnings, navigation the storms of life

12:30-4:30pm Lunch and free time

bodywork/healing/channeled readings/walks/journaling.

4:30-6:30 Afternoon Workshop

***INANNA** - Disrobing false self & embracing sexuality/sensuality of being a woman

DINNER ON YOUR OWN TONIGHT

Friday

8:00-9:00am Morning Stretch

9:00-9:45am Breakfast

10:00-12:30pm Morning Workshop

*** GRANDMOTHER SPIDER** - Becoming the Wise Woman, weaving the web of your own life.

Circle Ceremony

12:30-5:30pm Lunch and free time

bodywork/healing/channeled readings/walks/journaling.

Shearwater Sea Kayak Tour - if there is interest

6:30- 10:00pm Closing Dinner and New Moon Ceremony

Ceremony led by Fran Tatu Location : TBD

Saturday/Sunday RETURN to SeaTac. Plan to take the FIRST FERRY off in the morning and you'll arrive at SeaTac by 11:30 AM. Please make return flights for 1 PM or later.

::CIRCLE GUIDES::



GRETCHEN KRAMPF is recognized as a catalyst for positive, proactive change, guiding individuals to create personal and professional success in their lives, families and organizations. A lifelong student of human potential, Gretchen is a certified coach, facilitator, business consultant and entrepreneur with more than thirty five years experience designing and delivering impactful programs and retreats for women. Heartwood on Orcas is her home and has been a center for inspired living, hosting Women's Wisdom Circles, Moon Lodges, community gatherings and family celebrations since 1989.



JO JAYSON Internationally acclaimed intuitive artist, teacher and author, Jo Jayson was born and educated in the UK and began her career as a muralist in London, Sydney, and New York. In 2008, she began expressing Divine Feminine energies into her own paintings, completing her much-loved "Goddess Chakra" series. In 2011, she unveiled the beginning of her "Sacred Feminine" series of paintings, unfolding a body of work that contained thirteen channeled feminine energies. Jo has emerged as an internationally acclaimed intuitive artist and spiritual teacher, helping women all over the world find empowerment, healing, and inspiration. She is the author of the award-winning book "Self-Love Through the Sacred Feminine" a companion to her Sacred Feminine Oracle cards. Jo sells her paintings, prints, guidance cards, and meditation cd's worldwide and regularly offers self-healing workshops and classes online and around the United States.

*On Wednesday evening, Jo will lead us in a "Painted Prayers" process. In this 2-hour workshop you will enter the sacred space of your own imagination where your desires, wishes and intentions lie waiting to be activated, expressed and manifested. Through a meditation technique I will take you through, you will be able to access your own deepest intentions for yourself. From this place you will be able to hear the whispers of your soul and bring forth all that you have dreamt for yourself and access your highest potentials for this lifetime. Here we connect to our own creative power and work with the potent technique of painting our prayers. This technique is much more powerful than writing down or even speaking our intentions for ourselves. Through the creative process we actually give energy, focus and achieve alignment with that which we

desire. One of the many aspects of self-love is the ability to tap into our own innate power and to put our own dreams and desires at the top of the list. This workshop gives you a technique to manifest easily and quickly all that is in your heart and is extremely relaxing, magical, fun and creative. We will be using a variety of mixed media and a special composition to express our own sacred painted prayers.

Afternoon Intuitive Reading session with Jo will be available, by appointment

And, Jo's art and healing products will be available for purchase and to order



Jo, Jodi, Gretchen and Fran

Jodi Spitalli leads Morning Movement and will be hosting our Celebratory Dinner on Friday. She is available for individual afternoon sessions and utilizes an intuitive process, called the IST (Integrative Soul Technology), to help you to connect to a higher awareness of self, while energetically guiding you to make necessary shifts to support you in your life.

Fran Tatu is a gifted Intuitive, Reiki Practitioner and Ceremony Guide who will lead our Harvest Moon Ceremony on the Full Moon. Individual afternoon healing sessions will be available, by appointment.

REGISTER NOW



::RETREAT FEES & REGISTRATION::

The Retreat fee of \$895 includes *DAILY Morning Movement & Meditation Sessions with Jodi Spitalli :: Morning & Afternoon Presentations, plus an evening activity ,“Painted Prayers”, led by Jo Jayson :: You will also receive a beautiful journal and Jo’s book, Self-Love Through The Sacred Feminine: A Guide to Self-Love Through The Paintings and Channelings :: A Harvest Moon Ceremony on the full moon, led by Fran Tatu :: Island Guidance, Circle Facilitation and Hospitality by Gretchen Krampf*
IN ADDITION :: *Sunday’s Welcome Supper, Wednesday and Friday nights’ Dinners, plus DAILY Breakfasts and Snacks at Heartwood .*

You’ll have an excellent opportunity to explore our many superb Island cafes and restaurants as you’re ON YOUR OWN for LUNCH each afternoon and DINNER on Monday, Wednesday & Thursday evenings.

EARLY BIRD DISCOUNT IS \$795 IF PAID IN FULL BY January 31.

OR- DEPOSIT of \$195 HOLDS YOUR SPACE :: BALANCE OF \$700 due February 28th

10% OFF IF YOU REFER A FRIEND

Travel to Seattle, Guest Accommodations, Tours Activities and Personal Sessions are ADDITIONAL and REQUIRE ADVANCED RESERVATIONS.

Afternoon Activities and Self-care Offerings will be sent upon paid registration.

***DO NOT BOOK TRAVEL UNTIL FEBRUARY 1, 2019. IF WE ARE NOT FULLY REGISTERED, WE RESERVE THE RIGHT TO CANCEL AND REFUND DEPOSITS.**



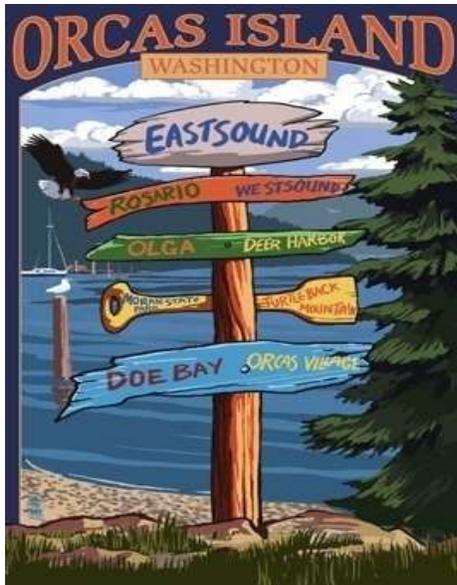
Outlook Inn

This waterfront inn is ¼ mile from Heartwood and an easy walk to the shops and galleries of Eastsound. The Historic Inn offers great value with Rooms that offer double occupancy, with shared hall bath :: Hotel Rooms are in the East Wing :: Or indulge your senses and stay in a Bayview Suite.

book directly with the Outlook Inn. :: 360-376-2200 ::

Please let me know if you want to share accommodations when your register.

IF YOU WANT TO LINGER LONGER, ADDITIONAL NIGHTS MAY BE AVAILABLE



::TRAVEL TO ORCAS ISLAND ::

If flying in and wanting to share roundtrip transportation to Orcas:

ARRIVE at SeaTac by 11:00AM on 3/31. There is the Airporter Shuttle from SEA/TAC to the ferry in Anacortes.

RETURN to SeaTac on the weekend. Plan to take the FIRST FERRY off in the morning and you'll arrive at SeaTac by 11:30 AM. Please make return travel plans for 1:00 PM or later.

Kenmore Airlines flies from Seattle to Orcas. Boeing Field lands at Eastsound Airport. Lake Union (float plane) lands at Rosario Resort.

If driving from Portland, Seattle or Vancouver, BC area, take I-5 to Anacortes, WA the Washington State Ferry. You can make a roundtrip RESERVATION and I will send directions to Heartwood upon completed registration.

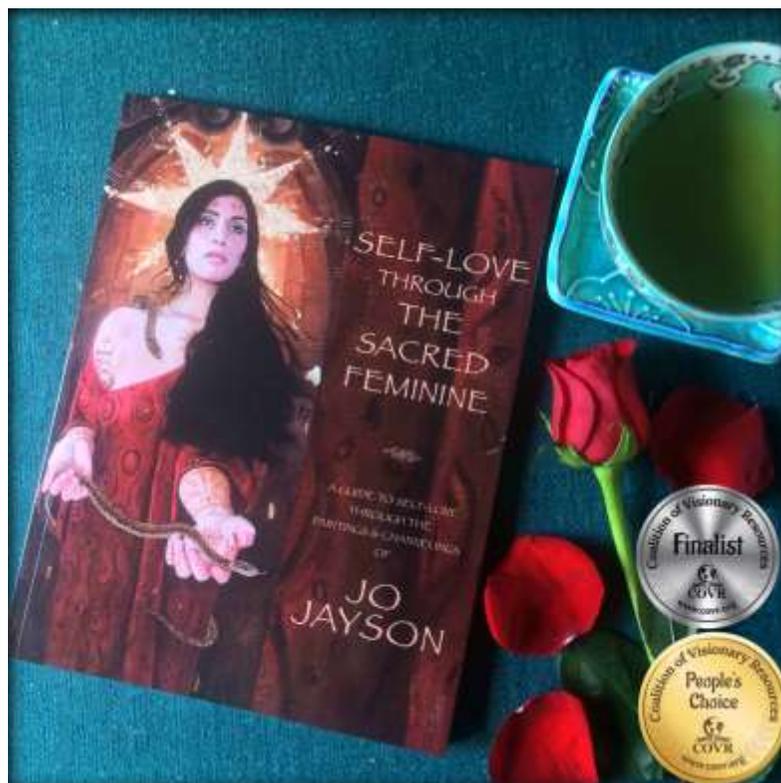
Local Retreat Participants are asked to arrive on Sunday, 3/31 by 6:45 PM at Heartwood House. We will close our Gathering with dinner on Friday evening, 4/5.



Hoping you'll say YES to our invitation and join us on Orcas Island for this incredible gathering of 10 Wild & Wonderful women.

REGISTER TODAY!!!

Gretchen :: Phone **360-317-8220** or Email gretchen.krampf@processexperts.com





Comments from our 2017 Retreat Participants

The retreat was a magical experience that exceeded all my expectations. Jo has a way of presenting information in a way that can be received in a deeper more magical way and when you bring 10 women together for an extended time period to explore their understanding of the universe the vibrations during the experience rise extremely high. With vibrations like that, it can help shift/heal/breakthrough anything you want. I feel like the week brought me to the next level of my spiritual growth (which was my intention) and that is something I get to take with me for the rest of my life. Heartwood was beautiful and the food was amazing! Words can't really express how I feel about the retreat, but for the right people at the right time, I think it would be one of the most meaningful life changing experiences. If you find yourself at a fork in the road and something inside you is telling you to go deeper inside, this is perfect, it will help you find your way back to yourself with true and pure love.

Susanna T. San Francisco, CA

Such nourishing love, beauty and magic will be discovered on the Divine Sacred Feminine retreat with Jo Jayson. Supported by a team of professionals providing a sacred space, you can dive deep into the depths of your soul to release and transform. I am so grateful for the powerful teachings Jo has brought forth using her intuitive gifts and artistic talents. Orcas Island is the perfect place to allow yourself to connect with the divine feminine Earth and Spirit within you and around you. It is a life-changing experience you will cherish forever."

Melanie R. NY

I was inspired to attend the Retreat Self-love through the Sacred Feminine after reading Jo Jayson's beautiful book of the same title. Held on Orcas island, the retreat was a special five day immersion into the 13 Feminine archetypes that Jo had channeled. Jo had created glorious, masterful images of the sacred feminine including Mary Magdalene, Joan of Arc, Guinevere, and Kali among others. Each image had a special attribute, lesson, and message that Jo had received. Each day, Jo focused on 4 archetypes, leading us through guided visualization and prayers that she had written from divine inspiration. This process helped me to integrate the attributes from each archetype: self-respect, dignity, self nurturing, courage, compassion and embodiment of the sensuous female body. I was especially touched by the richness of these images combined with Jo's deep understanding of the messages that came through her. I felt privileged to have the luxury of diving deep into this experience through five days of immersion. The retreat was held in a beautiful, peaceful setting of Gretchen's home that was perfect for our gatherings and included nurturing, delicious meals prepared with love and care. Jodi led heart opening movement and yoga in the mornings and Fran facilitated our new Moon Circle ritual. The connection between all 4 facilitators and the 10 participants in the group created a sense of aliveness, joy and synergy. The jewels from this retreat are still reverberating today in my daily life. I feel uplifted and inspired by the rich, profound plunge into the sacred feminine. I notice that the commitment to my own self-care has deepened. I can now truly see myself as a "cup of source" ... connected to one consciousness, as we are all a piece of one spirit. As I navigate through some difficult passages in my life, I see Jo's work as a spiritual guide. I would highly recommend you try this, if you are at all inspired to go to this retreat, do not hesitate!

Robin M. Seattle, WA

Jo Jayson's retreat "Self-Love through The Sacred Feminine" was a magical, heart-expanding, joyful journey. If you have an opportunity to work with Jo, please do! It is a true blessing.

The magic of Jo's channeled teachings and divinely guided meditations is that they meet us exactly where we are--whether we are a seasoned practitioner of self-love or are entirely new to the concept, the energies of the Sacred Feminine weave themselves around our hearts and souls, bringing us more deeply home to ourselves.

Jo's extraordinary paintings capture and hold the powerful healing energies of the Sacred Feminine. To be in the presence of Jo and her exquisite art is a to feel wrapped in the arms of the Divine Mother. Held in these energies of unconditional love, compassion and grace, it is impossible not to heal our hearts, release old wounds, and expand into the fullest, most authentic and beautiful versions of ourselves. Jo's mission is to help each and every one of us understand that we are embodiments of Divine light, worthy of deep self-love and profound joy. With wisdom, tenderness, insight, humor, grace, and love, she succeeds in her mission brilliantly. I am forever changed and deeply grateful.

Katherine W. Portland, OR



The Self Love Healing Retreat was everything the brochure promised and so much more. There was a wonderful balance of intentional wisdom for body, mind and spirit in each segment. With Jo Jayson's artwork and book as its basis, the retreat gave me a beautiful and gentle way to ponder my past life experiences and present day desires from a higher perspective. In other words, I did indeed learn to love myself more.

Having the retreat at Heartwood on Orcas was more than magical. It felt like I was being cradled in the Divine Feminine.

Jan M. West Linn, OR