



February 3

MID•WINTER RETREAT

An intentional pause to acknowledge the gray space between seasons can bring us into keen awareness of where we are, where we came from and where we are headed.

WHY RETREAT?

To be able to take a retreat is a privilege, but it is not a luxury. We need to create some space in our pinched lives to reconnect with ourselves, our spirits, the earth. Retreating is strategic withdrawal from our “normal” agendas so that we can wake up and look at and listen to our lives afresh. While retreating is an act of resistance and integrity, and takes courage and humility, there’s an ease to it; the “discipline” of retreat is light.

WHAT IS MID•WINTER?

In modern times, midwinter has become associated with the winter solstice, but in actuality, mid winter is the exact halfway point between the Winter Solstice and the Spring Equinox. It’s an in between time, where one may feel a sense of excitement for what’s to come or weariness of the continued slog ahead.



Pricing:
\$75
(includes light lunch)
*Limited to
20 spots

you're invited...

Welcome to **Wmiyeten Nature Sanctuary**,
a “42 acre protected forest and tranquil environment that inspires
an awareness of nature as teacher and an essential ally.”

Join us for a day of introspection in a safe holding space as we explore
the concept of midwinter through our senses, creativity and desire
for connection with the natural and human world around us.

This day retreat was designed for us as much as it was for you.
We long to make room, take pause, explore our senses
and be together with intention and curiosity.

[Register Here](#) >

PHOTOS OF THE NATURE HOUSE & PROPERTY | **1772 MILLSTREAM RD.** VICTORIA V9B 6E4



WHAT TO EXPECT

the schedule

Arrive & Settle

Welcome | What to Expect

Breath Work | Guided Meditation

Writing Prompt

Nature Time | Alone Time

Lunch

Creative Exercise

Nature Time | Alone Time

Invitation to Movement

Closing Ritual

your hosts



MICHAELA EVANOW

Michaela is a writer & mother in Victoria, BC. Her work has appeared in Hippocampus Magazine, Five Minutes and others. After the loss of her three year old daughter, she was educated in the wild craft of grieving and healing in a modern world that plunges forward with voracity. Michaela loves embodied movement, writing prompts, finding pause and beauty in plain as day things and curating the scents and sounds of meaningful, moving environments.



VANESSA CARUSO

Vanessa is a spiritual director for adults and children based in Victoria, BC. With a Masters degree in Spiritual Formation and a name that means "metamorphosis," bearing witness to people becoming more themselves is in her nature. Vanessa facilitates retreats for adults and youth and is passionate about the kind of movement, connection and healing that can take place in these contemplative and creative settings.