

Connect

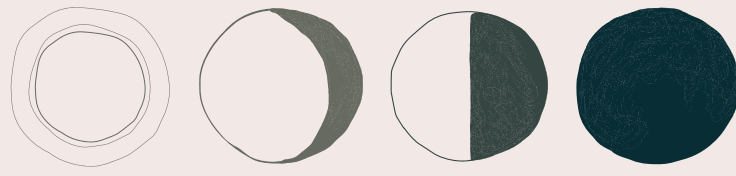


MAIA TOLL

with Maia Toll & Elettra Wiedemann A 3-Day Creative Retreat at Mama Farm

Do you need a nurturing container for your next writing project? Want support to tune into your creativity? Let's Connect!

Your storytelling is most authentic, unique and powerful when it is connected to your inner knowing and tuned in with your own truths. While modern culture tends to focus on the functions of our minds - reason, rationality, thought - the mind alone cannot create a beautiful piece of writing, poetry, song, or art. True artistry comes from a deep place within, a space we can access through our creative intuition. Whether you are working on a newsletter, blog, book, song (or any number of other creative endeavors), take this weekend to reconnect with yourself and the nurturance of the world around you so you can write with resonance and create from a place that feels rich and supportive.



Join us at Mama Farm October 18-20, 2024 to connect with the wisdom within while immersed in both nature and a supportive community of fellow artists. Led by award-winning author Maia Toll and breath work specialist Elettra Weidemann, you'll learn to use nudges from the natural world to build a repertoire of tools that will connect you with your creative self and nurture your inner artist. The weekend will include writing circles, meditations, breathwork, nourishing farm-to-table meals, as well as quiet time to rest, reflect, write alone, get a massage or connect with other participants.

Connect Retreat is open to all and we invite you to come enjoy a creatively productive weekend that will also leave you feeling restored, nourished and confident.

SCHEDULE

FRIDAY, OCTOBER 18TH

- 2-4 PM Check In
- 4:30-6:30 PM Opening Circle & Altar Creation with Maia & Elettra
- 6:30-7:30 PM Dinner
- 7:30-8:00 PM The Cycles of Creativity with Maia
- 8:00-9:00 PM Embodied Presence Meditation with Elettra

SATURDAY, OCTOBER 19TH

- 8-9AM Tea, Coffee, Light Breakfast
- 9-10:30 AM Breathwork with Elettra
- 10-10:45 AM Herbal Tea Bar & Light Snacks
- 11AM-12:30 AM Morning Circle with Maia
- 12:30-1:30 PM Family Style Lunch
- 1:30-5 PM Free Time for Creative Work & Massages*
- 5:00-6:00 PM Sharing circle with Maia
- 6:00-7:30 PM Family Style Reset Dinner
- 7:30-8:00 PM Using Oracle Cards as Creative Support with Maia
- 8:00-8:30 PM Guided Meditation with Elettra

* Massage is an additional cost, paid directly to the massage therapist.

SUNDAY, OCTOBER 20TH

- 7-9 AM Breakfast; self-served.
- 9-10 AM Nature Yoga Flow & short breathwork with Elettra
- 10-10:30AM Short break, tea, snacks
- 10:30-11:30 PM Closing ceremony with Maia & Elettra
- 11:30 AM-1 PM Goodbye Brunch

Stay at Mama Farm's B&B

Room with a private bathroom: \$1750

Room with a shared bathroom: \$1600

Sleep offsite

\$875

Prices includes all scheduled activities and meals



MAIA TOLL