

Follow THE Navigator

a creative retreat for
40-60ish women

If you're navigating a shift,

- You long for changes in your environment, work or relationships...
- People you love may be moving on, changing...
- You're overwhelmed, yet somehow it's not enough...

Beyond the physical & hormonal challenges of midlife, there's a real creative opportunity.

It's your calling, and it's getting louder.

Offered by
Christine Castigliano

Writer, artist, singer and
"curator of sacred space."

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Spend a day
nurturing your clarity.

- Explore ways to fine-tune your Navigator, the inner guidance system that can lead with balance, joy, grace.
- Experience a meditative sojourn in our studio or visiting our freshwater spring, forest or meadow (weather permitting).
- Express your discoveries through hands-on creative tools.

You'll feel renewed, inspired, and connected to a powerful circle of support (with an invitation to continue).

Saturday,
November 19

9:30 am - 5:30 pm

@ the Barn

near the Hood Canal Bridge

\$75

includes homegrown organic lunch
(Work exchange / sliding scale available).

"Christine holds the keys to the human soul. She is always there, cracking the door a little bit wider, listening."
- Gab Vogt

"Christine has a gift that allows me to release and open doors to new rooms in myself."
- Carolina Veenstra

"Christine has tremendous courage, compassion, sense of humor, clarity, and creativity that is refreshing and vital!"
- Liz Matteson



@theBarn

An inspiring creative loft on a former 40-acre farm near Port Gamble, WA.

Register and learn more at: NavigateTheChanges.com Creative Tools to Navigate Change