

**"Each of us, at least once in our lives, hears the inner call. Some call it the wild woman within, who seeks to be heard, to return her tamed daughters to their natural, intuitive state, to break the chains that hold them so that they may run free."  
--Clarissa Pinkola Estes, Ph.D. 'Women Who Run With the Wolves'**

# **Honoring Your Inner Wild Woman Retreat at The International Wolf Center in Ely, MN**

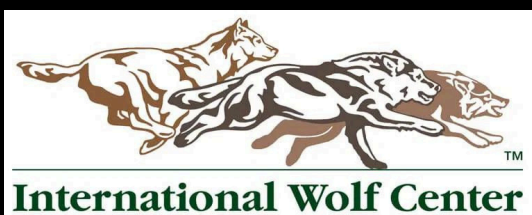


**Join us for a powerful women's retreat among the wolves for a one of a kind experience as we connect to the inner and outer wild celebrating female empowerment and self-discovery.**

Dive deep into your inner power and unleash the wild spirit within you during the Wolf Full Moon weekend.

**Friday, January 10 and  
Saturday, January 11, 2025**

**Registration is limited to 25 attendees.**  
For more information and to register visit:  
[www.innerwildwomanstudio.com](http://www.innerwildwomanstudio.com)



The International Wolf Center advances the survival of Wolf populations by teaching about Wolves, their relationships to wildlands and the human role in their future.



A two-day festival in Ely, MN, celebrating our area's dark night skies. The festival will include events from several different area organizations.



Guiding women towards healing, transformation & expansion.

The 1992 book 'Women Who Run With the Wolves: Myths and Stories of the Wild Woman Archetype', by Clarissa Pinkola Estes, Ph.D. spent 145 weeks on The New York Times Best Seller list over a three-year span, a record at the time. The books' message is a powerful exploration of the wild feminine spirit, filled with stories and myths that guide women on a transformative journey to reclaim their innate wisdom and strength. Estes helps women to rediscover their own wild nature, guiding them to unleash creativity, intuition, and a sense of purpose.

**'When we re-ignite our inner fire and surrender to our wild nature, we become unstoppable forces of transformation.'**

**Join us for a transformative retreat inspired by the book "Women Who Run With the Wolves". Dive into the wild feminine spirit through storytelling, art, mindfulness and yoga.**

### **Friday 1:00-5:00 pm**

- **Opening Ceremony:** Set intentions and explore key lessons from the book, learn about the Wild Woman Archetype and the connection of wolves and women.
- **Workshops:** "Make Your Own Herbal Eye Pillow" with Jaime Brennan and "Nature Meditation and Journaling for Busy Women" with Shelley Frederickson.
- **Intuitive Readings:** Readings available with healer Nancy Scheibe, contact 218-235-8124.
- Dinner on your own
- **'Howling Safari'** at the International Wolf Center. To register visit [www.wolf.org](http://www.wolf.org)

### **Saturday 8:00 am-9:00 pm**

- **Yoga With the Wolves:** led by Carol Magie (bring your own mat). Breakfast snacks provided.
- **Workshops:** "Reclaiming Your Truth Through Human Design" with Jaime Brennan, and "Wolf Mandala Art Therapy to Inspire Creativity" with Marcia Chambers.
- Lunch provided
- **Grounded in Nature:** "Forest Whispers - A Mindful Outdoor Experience" with Shelley Frederickson.
- **Evening Gathering:** Connect at Northern Grounds with a Wild Woman Vendor Fair, hors d'oeuvres, and a wine cash bar.
- **Closing Ceremony:** "Meditation and Sound Bath Experience" with Shelley Frederickson and Nancy Scheibe.

**Retreat Registration Fee \$225. Register at [www.innerwildwomanstudio.com](http://www.innerwildwomanstudio.com)**

**Register early as limited to 25 attendees.**

Limited lodging available at [the StayInn Ely](http://theStayInnEly.com) - contact Joan at 218-235-1991 to reserve your room.

Questions: contact Marcia Chambers at 218-235-3186 or [innerwildwomanstudio@gmail.com](mailto:innerwildwomanstudio@gmail.com)

Please note that fees are non-refundable.

## Workshop Descriptions

### **Making Your Own Herbal Eye Pillow with Jaime Brennan**

Create the perfect tool for recharging and bringing in more self-care. This light hearted hands-on class is fun, smells great and you'll have a beautiful herbal eye pillow to bring you peace and relaxation when you need it. You get to choose from a variety of colorful organic cotton fabric designs that have already been sewn into the pillow form, you'll then select which herbs bring you a sense of peace, mix them with flax seed, fill your pillow and hand sew it shut.

### **Nature Meditation and Journaling for Busy Women with Shelley Frederickson**

This interactive workshop is tailored for busy women looking to nurture mindfulness and self-discovery by integrating meditation and journaling in a natural setting. Participants will learn how these practices can bring calm to their hectic lives and help them create a personal sanctuary for reflection and growth. The session includes a discussion on various meditation styles, dedicated journaling time with provided prompts, opportunities to share insights, a guided meditation, and a conversation on maintaining a nature journal.

### **Intuitive Readings with Nancy Scheibe**

Looking for clarity and insight? Nancy is a healer, guide, medium and medicine woman with the ability to be a clear channel. Her mission is to help people find their path, heal their wounds with practical applications for daily life. During a reading Nancy will tune in to see beyond the image that life presents for you or situations you may be experiencing. She is able to see the larger picture, as well as details which need attention, offering clarity and sage wisdom. Nancy will help you see the patterns and potentials of your life in an encouraging, honest, non-judgmental way. This intimate experience will bring a higher vibratory energy to any situation allowing a shift in awareness and creating the opportunity for healing. Nancy holds reverence and integrity for all beings and her ethics are impeccable. She has been doing readings for more than 40 years. 60 minutes \$95, 90 minutes \$125, In Person or Remote.

### **Reclaiming Your Truth Through Human Design with Jaime Brennan**

We will explore how Human Design, a relatively new self-empowerment tool, can help guide you on your journey to deepening your own knowing, opening to your instinctive nature and embracing the playful spirit of the wild woman you were born to be. Human Design offers a 'map' to how your energy is designed to work. By removing the guesswork it helps deepen your trust in what is correct for you; what you are here to do, what your purpose is, and how you make decisions. It helps you know your shadows and your potential. It creates more acceptance for you and others. It validates your experience. Let you hair down and get ready to run free when you truly come home and accept all parts of you!

### **Wolf Mandala Painting to Inspire Creativity with Marcia Chambers**

*"Creativity requires the courage to let go of certainties."* the quote from Women Who Run With the Wolves captures the essence of the creative process. In order to tap into our creative potential, we must be willing to release the comfort of certainty and embrace the unknown. Painting has the power to bring you into the present moment and become a transformative and healing experience. Tap into your creative spirit with a practice called 'meditative painting'. Mandalas have guided generations of healers, philosophers, shamans, and visionaries to their own sacred wisdom. Today, mandala painting can be a relaxing activity that can help to calm and comfort people. The process of painting intricate patterns requires focused attention, diverting the mind from daily stressors.

### **Unplug and Unwind: Immerse Yourself in Nature with Shelley Frederickson**

Reconnect with your inner wild woman in this transformative one-hour outdoor workshop of self-discovery, nature connection, and wild woman wisdom! This guided experience blends mindfulness practices with the empowering themes from the book "Women Who Run With the Wolves". During our time, we'll embark on a mindful nature walk, engage in reflective activities, and explore our connection to the natural world. This workshop is designed to awaken your senses, spark your intuition, and help you tap into the primal wisdom that resides within. Whether you're an avid hiker or prefer gentle strolls, our journey is adaptable to all abilities. Come as you are, ready to embrace the wild feminine spirit that nature awakens in us all.

### **Intuition Activating Sound Bath with Nancy Scheibe**

Join us for a transformative meditation and sound bath experience, drawing inspiration from the Full Wolf Moon whose energy resonates strongly, guiding our journey inward. This session invites you to reconnect with your intuitive self, embrace your inner strength, and align with the lingering rhythms of this potent lunar phase. Let the moon's waning light illuminate your path to self-discovery, as we harness its energy to awaken our wild, instinctive nature. Through guided meditation and soothing sounds, we'll explore themes of inner wisdom, community, and the cyclical nature of life—all embodied by the Wolf Moon.