

Igniting Your Inner Life through Parenting

with **Regina Sara Ryan**, author of *Igniting the Inner Life* and *The Woman Awake*

Friday, Feb. 11, 2011, 7:00 pm • Boulder, Colorado

Igniting Your Inner Life as a Mother

with **Regina Sara Ryan** and **Rahima Baldwin Dancy**

Saturday, Feb. 12, 2011 • 9:00-5:00 • Boulder, Colorado



Our inner life makes a huge difference to our children. We don't need to talk to our kids about "spiritual stuff." But, if we are men and women who prize self-awareness, open and generous communication, and prayer or contemplation, we will transform ourselves, our families and our children's futures.

Friday evening's talk: How can parenting enhance your inner life instead of constantly drawing you away? And how can your innermost qualities and yearning inform your parenting instead of conditioned and conditional responses? Regina will share three pillars that uphold the inner life and ways to develop each within the constant demands of parenting. Nurture yourselves and be inspired – you deserve a break tonight! (For all parents.)

Saturday will be an experiential day for women, devoted to re-igniting what is always already present to us as women, as mothers – the intrinsic spiritual dimension of existence. The day's activities will evolve from brief orientations by and conversations with Regina Sara Ryan, author of *Igniting the Inner Life* and *The Woman Awake*, and Rahima Baldwin Dancy, author of *You Are Your Child's First Teacher*.

Together we will:

- explore the deeper dimensions of mothering and feminine wisdom
- renew our energy through conversation, art and movement
- accept and transform the shadow side of our mothering
- enter the cave of the heart, a place of sanctuary, to refresh our souls



For more information and to register, see reverse side or
www.informedfamilylife.org

Sponsored by Informed Family Life (303/440-1459).
Held at Shining Mountain Waldorf High School,
on Union just west of Broadway in north Boulder.

Igniting Your Inner Life through Parenting

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Registration Information

Register now to take advantage of the early savings. Secure online registration is available at www.informedfamilylife.org or please return the information below along with your check or credit card authorization.

Igniting Your Inner Life through Parenting: Friday, Feb. 11, 2011 from 7:00-9:00 pm. Registration \$10-\$15; see below for early registration and couple discounts.

Igniting Your Inner Life as a Mother: Saturday, Feb. 12, 2011 from 9:00 am - 5:00 pm, with lunch included. Early registration, \$85; after Jan. 20th , \$95.

Location: Both are at Shining Mountain Waldorf High School, Union just west of Broadway in north Boulder.

Childcare: Sorry, no childcare is provided this time. We hope you will arrange to share/trade with partners or friends.

Accommodations: for those coming from out of town, the nearest hotel is the Holiday Inn Express in north Boulder. For other options, check Expedia or other online resources.

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

Email: _____

Early Registration (by Jan. 20th):

Friday night, \$10/individual, \$15/couple \$ _____

Saturday workshop: \$85 (lunch incl.) \$ _____

Registration after Jan. 20th:

Friday night, \$15/individual, \$25 couple \$ _____

Saturday workshop: \$95 (lunch incl.) \$ _____

Total \$ _____

Checks to *Informed Family Life* or credit card authorization:

Visa or MC: _____

Exp: _____ 3-digit # on back _____

Signature: _____

Print name on card if different from registration:

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Regina Sara Ryan is a former Catholic nun who has studied contemplation and mysticism from several traditions for over forty years. After leaving the convent in the early 1970s, Regina explored other religious paths, inspired by the lives of the great women of Hinduism, Christianity, Judaism, Buddhism and Sufism. She felt the need to balance the masculine pole of Divinity, which had characterized

her previous religious education, by finding women and men who exemplified the feminine pole, or the “feminine face of the Divine.” Since meeting her own spiritual mentor, the Western Baul master Lee Lozowick in 1984, Regina has continued to follow what she calls a path of “unashamed devotion,” working to bring her life of contemplation into action.

Regina is currently a professional editor and seminar/retreat leader, offering workshops and retreats in the U.S., Mexico and Europe since 1980. Married for 38 years, she lives in Paulden, Arizona with her husband, Jerome, and her two adopted grandchildren.

Regina's books include the recently published *Igniting the Inner Life* and *Praying Dangerously: Radical Reliance on God*. She has also written *The Wellness Workbook*; *The Woman Awake: Feminine Wisdom for Spiritual Life*; *After Surgery, Illness, or Trauma*; and *Only God: A Biography of Yogi Ramsuratkumar*.



Rahima Baldwin Dancy has been committed to inner work and parenting for forty years, constantly striving to increase awareness of the spirituality inherent in ordinary life and throughout the lifespan. She became active in the homebirth movement in 1977 when she founded **Informed Homebirth** and became a midwife, childbirth activist and parent educator. Then she became a Waldorf early childhood

teacher and parenting specialist and became an internationally-known interpreter of Steiner's indications for today's parents. She returned to birth as a primary midwife and co-director of **The Birth Center** in Dearborn, Michigan, where she and her midwifery partner served parents from 43 different countries.

Rahima completed a Masters in Gerontology and Organizational Change while caring for her mother and mother-in-law for six years in her home. Then she returned to early childhood and the LifeWays approach to caring for children and families, opening **Rainbow Bridge LifeWays Program** in Boulder for children ages 1-5, along with her daughter, Faith Baldwin. Throughout all these years, Rahima put on several conferences for parents each year on **Waldorf in the Home**. She lives in Boulder with her husband, Agaf Dancy. Together they have raised four children ages 30-40.

Her books include: *You Are Your Child's First Teacher*, which has been translated into Japanese, Korean, Thai, Hebrew and Spanish; *Pregnant Feelings* (with Terra Richardson); and *Special Delivery*.