

# Mothering and Spirituality

## Resourcing Feminine Wisdom

April 24-25, 2010

Sacramento Waldorf School

Join 300 other parents for a weekend of inspiration and renewal with three dozen workshops and these featured speakers:

**Cynthia Aldinger** is founder and Executive Director of LifeWays North America, dedicated to the development of healthy childcare and parenting practices. A former Waldorf kindergarten teacher, she presents internationally, directs trainings and seminars across the US, and teaches at Rudolf Steiner College. A mother and grandmother, Cynthia's passion is the preservation of the playful spirit of childhood.

**Rahima Baldwin Dancy** has been organizing these parenting conferences in various locations since 1983. She is an early childhood educator and author of *You Are Your Child's First Teacher* on Waldorf indications from birth through age six. She currently co-leads Rainbow Bridge LifeWays Program for 1-5 year olds with her daughters in Boulder, Colorado.

**Carol Lee Flinders, Ph.D.**, is co-author of the *Laurel's Kitchen* cookbooks and *At the Root of This Longing: Reconciling a Spiritual Hunger and a Feminist Thirst*, among others. She has taught courses in mystical literature at UC Berkeley and in other colleges. Carol lives near Tomales, in Northern California, with her husband Tim. Their son, Mesh Flinders, is a screenwriter living in New York.

**Nancy Jewel Poer** has been a founder and faculty member of Rudolf Steiner College since 1976 and is the founding teacher for Cedar Springs Waldorf School. A mother of six and grandmother of 17, Nancy lectures nationwide. Her book, *Living into Dying*, has empowered many families to care for their loved ones, and she has recently produced a film on conscious living and dying, "The Most Excellent Dying of Theodore Jack Heckelman."

**Regina Sara Ryan** is author of *The Woman Awake*, *Feminine Wisdom for Spiritual Life* and *Dangerous Prayer: Radical Reliance on God*. She has studied contemplation and mysticism for over forty years. After leaving the convent in the early 1970s, Regina studied other religious traditions, seeking out women and men who exemplified the feminine pole, or the Feminine Face of the Divine. She has taught internationally and lives in Paulden, Arizona, with her husband of 37 years and her adopted grandchildren.

Register online at  
[www.informedfamilylife.org](http://www.informedfamilylife.org),  
or phone 303-546-0070



Sponsored by: Informed Family Life, 207 Sunrise Lane, Boulder, CO 80302

Cosponsored by: The Center for Creative Growth, with CEUs for RNs, LCSWs, and MFTs

## SATURDAY, April 24, 2010

8:00 am Registration opens. Time to visit the vendors!

8:50 am Introduction to the conference theme

### “*Mothering Spirituality and Feminism:*

#### *Reweaving the Strands”*

~ *Rahima Baldwin Dancy*

9:15 am – 10:30 am Featured Speaker:

### “*Honoring Mother Spirit and our Amazing Spiritual Feminine Gifts”*

~ *Nancy Jewel Poer*

We have spiritual gifts as women which we rarely realize or fully treasure. It is just those strengths and gifts these times call for as we face our intense, fear driven, patriarchal, materialistic culture that would sweep away even the sacred space of our homes and replace it with marketplace values and cyber life. This is about reclaiming our sacred power, speaking our truth, and bringing renewed life and light into a world of need.

10:30 am - 10:45 am — Conference Announcements

10:45 am - 11:15 am — Break (snacks and vendors)

11:15 am - 12:45 pm — Choose one “A” Session:

#### **A1. The Wild Mind and the Hungry Heart**

*Regina Sara Ryan* ~ Instead of feeding and nurturing our heart’s desire...for God, or Truth or Love...the mind busily runs out of control. We can feel tense, discouraged, or even crazy from identification with the illusions of the mind. Meanwhile, the heart becomes clouded by the lies of separation we feed ourselves or believe from our culture. In this session we will stop, relax and look within, considering how to work with the mind to feed the heart, from a perspective that includes diligence but discourages self-criticism.

#### **A2. Life as the Curriculum for Young Children**

*Cynthia Aldinger* ~ What young children really need can be provided through the Living Arts—domestic activity, nurturing care, creative exploration and social ability. Learn how the LifeWays approach takes home as the model and life as the curriculum to transform your experience with young children.

#### **A3. On Becoming a Whole Mother**

*Kristie Karima Burns* ~ If you feel alone in your mothering—through death, divorce, a partner who works long hours or who is away for months at a time—then you are invited to explore ways to become a vibrant, creative, empowered and WHOLE parent. Kristie will share how she and some of her clients have met the spiritual, emotional and health challenges of “single” motherhood.

#### **A4. The Brilliant Sword of Forgiveness**

*Lori MacKinder* ~ Teaching/learning forgiveness can be the most powerful force of change and healing. Share in the process and take home new capacities to share with your children. This session will help you question stuck areas and gracefully invite you into a new level of being.

#### **A5. “Picturing” Your Child**

*Lee Sturgeon Day* ~ The art of truly beholding our children and working imaginatively with what they are revealing to us is the most potent way of supporting their development and deepening our relationship with them. Come and practice this together—it can transform your parenting!

#### **A6. The Spiritual Tasks of the Homemaker**

*Cindy Brooks and Joya Birns* ~ Drawing on *The Spiritual Tasks of the Homemaker* by M. Schmidt-Brabant, we will explore both the real challenges and the unique opportunity for homemakers to foster the spiritual development of the family and of humanity.

#### **A7. Building a New Temple to House the Shekhina, the Feminine Presence of God**

*Shepha Schneirsohn Vainstein* ~ Did you know it is said in Jewish texts that the Shekhina led the Israelites to the promised land and resided in the Holy of Holies until going into exile when the Temple was destroyed? We will explore ways to be part of Tikkun Olam, the reparation of the world, which is based on returning the Shekhina from exile.

#### **A8. Creating Yes!**

*Betty Peck and Anna Rainville* ~ If your inspirations or visions have ever fallen flat or met with opposition, come be re-inspired as Betty shares from her colorful experiences of creating nurturing environments for children and their families—especially in the face of people saying, *No!* Being with this wise elder (and her daughter) is always a delight!

#### **A9. Homeschooling and Inner Work**

*Melisa Nielsen* ~ As homeschooling parents, we are often torn between caring for everyone and also finding time to connect ourselves. We will focus on practical methods for engaging your own will, getting out of your own way and becoming a beacon for your family. Come ready to work and learn.

#### **A10. Puppets for Peace Fundraiser (admission at RS College paid for conference registrants)**

*Karen Viani and Rudolf Steiner College students* ~ This public event at RS College includes a marionette show of the Chinese tale, “Ming Lo Moves the Mountain,” followed by crafts and light refreshments. Puppets for Peace was founded by Suzanne Down to awaken and spread peace, one puppet show at a time. [Partners and children pay a small donation.]

12:45 pm Catered Lunch included with registration

2:00 pm – 3:15 pm Introduction and Featured Speaker:

### “*Becoming Mother—Spirituality, Femininity and Earth Transformation”*

~ *Regina Sara Ryan*

Female or male, the task for each conscious human person is to “become Mother.” Whether we have physically borne children or not, the knowledge of “mother”—as the one who facilitates birth, nurturance and maturation, and death and renewal—is present in the cells of the body.

Sadly, this knowledge of “Mother” often remains obscured and unavailable to us. We can, however, turn to one another, to the great “Mothers” from the past (women or men), and to the images

and understanding of God as Mother to find the inspiration, courage and wisdom to transform our own hearts, to serve our children and families, and to ultimately celebrate and honor the Earth Mother on whom we all depend.

**3:30 pm – 5:00 pm — Choose one “B” Session:**

**B1. Supporting Our Loved Ones at Death’s Threshold**

*Nancy Poer* ~ Helping our children with death means finding ways to work with it ourselves. Nancy’s family of six children helped nurse their beloved, bedridden elders and made their caskets as a last gift of love. As a national consultant on home death and natural after-death care, Nancy helps us all to ‘be there’ for loved ones before and after death.

**B2. Mindfulness Matters**

*Cynthia Aldinger* ~ Through various verses and practices offered by Rudolf Steiner and a special Celtic verse, we will explore ways to tame fear and to claim for ourselves the qualities we aspire toward as caring human beings.

**B3. Mothering Our Lively Sons!**

*Janet Allison* ~ Mothering a boy can be exhilarating and exhausting! Understanding the role of biology, testosterone, and environmental stresses means you can help him be his best. Effective language, practical activities and developmental insight can deepen your connection to all the boys and men in your life.

**B4. “The New Rules of Marriage”**

*Cindy Brooks* ~ Drawing on the revolutionary work of Terrence Real, we will look at trends in marriage, identifying the new skills needed to make marriage work in a post-patriarchal world.

**B5. The Legacy of Story: Telling Your Parent and Grandparent Stories.**

*Sieglinde de Francesca* ~ In this workshop we will explore our histories and how to bring them to our children in a living way—as healing tales, wonder tales, fun tales, teaching tales, as gifts, and as a legacy.

**B6. Accessing Feminine Wisdom**

*DeAnna L’am* ~ We will access Divine Feminine Wisdom through guided journeys and learn to cultivate a practice that will connect you with your mothers’ lines and ancestors. This can serve as a daily source of inspiration, guidance and renewal.

**B7. A Mother’s Journey: Sacrifice vs Offering**

*Lori MacKinder* ~ Offerings and sacrifices play an important role in our families. Both forms of giving are appropriate at different times. We will play with and find joy in both gifts and tap into our knowing of when to offer each in order to create joy instead of resentment.

**B8. Clay, Color and Word**

*Ellen SpringWind* ~ In the style of the *Artist’s Way* and M.C. Richards, we will access and share our Divine Feminine archetypes in various forms.

**B9. Kitchen Yoga**

*Sandra Russi* ~ Explore simple ways to integrate a deeper awareness of spirit into daily life, including household chores and time spent with children. Discover gentle practices that can be integrated into the busiest schedule. Basic yoga asanas will be included, so please dress comfortably.

**5:00 pm Conference Ends—See you tomorrow!**

## SUNDAY, April 25, 2010

**8:00 am Registration opens. Visit the vendors!**

**9:00 am Introduction to the Conference Theme**

**“Working with the Archetypes”**

**~ Rahima Baldwin Dancy**

*with a rod-puppet show by Karen Viani*

**9:30 am – 10:30 am Featured Speaker:**

**“Mother-Lines of the Spirit”**

**~ Carol Lee Flinders**

Biological mother-lines are the channels through which our evolutionary inheritance flows. Spiritual mother-lines come into existence when we take our evolution into our own hands. We will explore how they connect us with mothers, daughters, grandmothers and granddaughters in altogether new ways, and with women we may never meet face to face: a Dorothy Day or Aung San Suu Kyi; a Teresa of Avila or Wangari Maathai. They can render us fearless, resourceful and radiant. Distinct, yet joined like partners in a dance, the mother-lines of body and spirit turn and twine within us like the double helix of our DNA.

**10:30 am -10:45 am — Conference Announcements**

**10:45 am - 11:15 am — Break (snacks and vendors)**

**11:15 am – 12:45 am — Choose one “C” Session:**

**C1. Meetings with Remarkable Women**

*Regina Sara Ryan* ~ This presentation is designed to inspire participants with the grace and power of the Divine Feminine as revealed in female deities, great women (and men) of spirit, and within our own hearts, including: Hildegard of Bingen; 14th century Hindu poetess Mirabai; Sufi mystic Rabia; contemporary Sufi teacher Irina Tweedie; Zen teacher and anthropologist Joan Halifax; Dr. Elisabeth Kubler-Ross, and others.

**C2. Spirituality and Feminism: An Exploration**

*Carol Flinders* ~ Our spiritual hungers and our feminist thirst can often seem to exert contrary pulls. Yet, as we look more deeply, we begin to see how exquisitely they can inform and complete one another. Join in exploring these important facets of women’s experience today!

**C3. The L.O.V.E. Approach to Discipline**

*Cynthia Aldinger* ~ Learn about this practical, multi-faceted approach to child guidance based on listening, laughter, order, objectivity, versatility, vulnerability, energy and enthusiasm.

**C4. The Language of Parenting**

*Janet Allison* ~ When you know what you and your parenting partner believe and value about family life, your parenting decisions become easier. The Language of Parenting is language that supports your beliefs and values in a positive way. Practical and artistic exercises will guide you in this exploration.

**C5. The Healing Power of the Divine Sophia in the Middle East.**

*Shepha Schneirsohn Vainstein* ~ One way the Divine Sophia appears is through the relational world between humans. Shepha, cofounder of Salaam Shalom Educational Foundation, will share the amazing role Waldorf education is playing as a path to peace in Israel and Palestine.

**C6. Nurturing Our Children with Mother Nature**

*Nancy Poer* ~ Our connection to our Mother Earth and her creatures is basic to our vitality and delight in life. However, our children are losing this birthright. We'll look at ways to rejuvenate ourselves and the children with the real-life gifts of Mother Nature, the primal Mother of us all.

**C7. Beeswax Painting (Limited Enrollment)**

*Joya Birns* ~ Experience this artistic process that blends the beauty of beeswax crayon with the fluidity of natural orange oil for a self-nurturing and often illuminating experience.

**C8. Mothering Wisdom Through the Temperaments**

*Kristie Karima Burns* ~ Learn how to recognize the temperaments of family members and how each temperament approaches situations. Explore ways to help the different combinations interact more harmoniously through creating your own personal family program that integrates the nutritional, spiritual and emotional needs of each temperament.

**12:45 pm Catered Lunch included with registration**

**2:00 pm – 3:15 pm Introduction and Featured Speaker:**

***“How are the Children?******How are We?” ~ Cynthia Aldinger***

How can we find our way to simplicity in living that supports our own well-being and the well-being of the children we care for and about? How can we do everything we want to do and not exhaust ourselves and our children at the same time?

**3:30 pm – 5:00 pm — Choose one “D” Session:**

**D1. Embracing the Dark: Kali Energy in Life and Spiritual Practice.** *Regina Sara Ryan* ~ When we only look to the sublime and blissful images of the Divine for our consolation, we often fail to recognize the face of the Divine in those experiences and energies that do not fit our limiting stereotypes. However, the fierce and erotic Goddesses such as Kali and Smashan Tara must be approached with tremendous respect, awe, humility and caution. Using stories and the contemplation of sacred images of the Dark Mother, this workshop will provide an opportunity to reflect upon and rekindle our longing for Wholeness—for a deeper appreciation of full-bodied spiritual life and practice.

**D2. “The Most Excellent Dying of Theodore Jack Heckelman” (DVD by Nancy Poer)** Nancy will be previewing her forthcoming film of her brother's life and conscious dying at home with loving community support. Discussion follows.

**D3. Protecting the Spiritual Life of the Child & Family** *Susan Johnson, MD* ~ Our children need to dream, to visualize, to create inner pictures in their minds about their destiny and what contribution they wish to make in their lives. We will look at this spiritual capacity of visualizing and creating our own pictures to discover what we can do both to foster and protect this capacity in our children and strengthen it in ourselves.

**D4. Soul Development through Changing Your Handwriting.** *Jennifer Crebbin* ~ Working with the spiritual qualities of each letter, we will look at how areas of difficulty in your life are clearly shown in your handwriting, and ways to overcome them. This work provides a gentle daily practice that produces powerful results.

**D5. Parenting the Child with Special Needs: Creating Balance in Family Life.** *Beth and Joel Dubois* ~ Using presentation, reflection and sharing, the presenters will explore mothering and fathering in ways that create balance within oneself and the family.

**D6. Soul Collage**

*Ellen SpringWind* ~ Participants will make a small collage after focusing on a healing or life intention. Then an inquiry process developed by Jungian therapist Seena Frost will help distill the archetypes and messages in the card you have made for yourself.

**D7. Inner Clowning: The Art of Pure Play**

*Alan Springwind* ~ The inner clown reveals itself in pure presence, curiosity, vulnerability and playfulness. Our children experience this quite naturally, while we adults have created “serious” barriers. We will rediscover our innate playfulness through games, exercises and clowning.

**D8. Creating a Needle-Felted Mother Doll**

*Trisha Lambert* ~ Drawing inspiration from pictures and from our own stories, we will learn to needle felt a mother figure with naturally dyed wool. Ideal for a nature table or special place. \$5 materials fee payable directly to the instructor.

**D9. Eurythmy: Opening Your Heart and Arms to Give and to Receive.** *Cynthia Hoven* ~ Experience the rejuvenating power of Eurythmy, an art of movement to music and sound developed by Rudolf Steiner. No experience necessary!

**5:00 pm Conference Ends—Have a Safe Trip Home!**



# Our Distinguished Faculty

## Featured Speakers

**Cynthia Aldinger** is founder and Executive Director of LifeWays North America, dedicated to the development of healthy childcare and parenting practices. Cynthia has presented internationally, directs trainings and seminars across the US, and teaches at Rudolf Steiner College. She trained at Emerson College and is a former Waldorf kindergarten teacher. A mother and grandmother, Cynthia's passion is the preservation of the playful spirit of childhood and the creating of home-like environments that provide the comfort, security and activities found in a healthy home.

**Rahima Baldwin Dancy** has been organizing these parenting conferences in various locations since 1983. She is an early childhood educator and author of *You Are Your Child's First Teacher* on Waldorf indications from birth through age six. She currently co-leads Rainbow Bridge LifeWays Program for 1-5 year olds with her daughters, Faith and Jasmine, in Boulder, CO.

**Carol Lee Flinders, Ph.D.**, is co-author of the *Laurel's Kitchen* cookbooks and more recently of *Enduring Grace: Living Portraits of Seven Women Mystics* and *At the Root of This Longing: Reconciling a Spiritual Hunger and a Feminist Thirst*. Her latest book is *Enduring Lives: Living Portraits of Women and Faith in Action*. She has taught courses in mystical literature at UC Berkeley, and at the Graduate Theological Union in Berkeley and is currently a member of the Spirituality and Health Institute, Santa Clara University. She lives near Tomales, in Northern California, with her husband, Tim; their son, Mesh Flinders, is a screenwriter living in New York.

**Nancy Jewel Poer** has been a founder and faculty member of Rudolf Steiner College since 1976 and is the founding teacher for Cedar Springs Waldorf School. A mother of six, grandmother of 17, Nancy lectures nationwide. She is a national consultant on home death and is a consumer advocate for the California committee for end of life nursing home policy. Her book, *Living Into Dying, Spiritual and Practical Deathcare and Community* has empowered many families to care for their own. She has recently produced a film on conscious dying, "The Most Excellent Dying of Theodore Jack Heckelman (2010). An accomplished artist, her book *Mia's Apple Tree* is well loved by children.

**Regina Sara Ryan**, author of *The Woman Awake, Feminine Wisdom for Spiritual Life*, has studied contemplation and mysticism for over forty years. After leaving the convent in the early 1970s, Regina began her exploration of other religious traditions, and was particularly inspired by the lives of the great women of Hinduism, Christianity, Buddhism and Sufism, seeking out 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" in which she works to bring her life of contemplation into action. Her book *Dangerous Prayer: Radical Reliance on God* (2001) draws the distinction between prayer for the sake of comfort and prayer as a means of radical transformation. She has taught throughout the US and in Mexico, Canada, and several countries in Europe. She lives in Paulden, Arizona with her husband of thirty-seven years and her adopted grandchildren.

## Workshop Presenters

**Janet Allison** is a parent educator, family coach and Waldorf consultant in Portland, OR and the mother of two grown daughters. She is the author of *Boys Alive! Bring Out their Best!* (See [www.parenting-advice-from-mom.com](http://www.parenting-advice-from-mom.com)).

**Joya Birns** is a Waldorf kindergarten and handwork teacher and mentor. She has facilitated many parent groups in Waldorf communities and is co-author of *Parenting with Spirit*.

**Cindy Brooks** is a Licensed Marriage and Family Therapist and trained Waldorf teacher. She integrates the insights of Anthroposophy with those of Depth Psychology in her teaching and therapy practice. She is co-author of *Parenting with Spirit*.

**Kristie Karima Burns, MH, ND**, has been working with the temperaments in her healing and Waldorf homeschooling work for more than 14 years and has conducted research and written articles on them. She lives with her three children in Windsor Heights, Iowa.

**Jennifer Crebbin**, author of *Soul Development Through Handwriting* (SteinerBooks), works with the Vimala Alphabet as a transformative tool and has a regular practice of celebrating the Divine Feminine.

**Sieglinde De Francesca**, a storyteller and Waldorf teacher for over 30 years, is author of several books ([www.teachwonderment.com](http://www.teachwonderment.com)). She is a mother of three, and grandmother of four, whose gift of story continues to nourish her family.

**Beth and Joel Dubois** are the parents of a 9-year-old boy with high functioning autism/Asperger syndrome and sensory-integration challenges and a 3-year-old girl who is typically developing. They have been homeschooling their son since age 5 in addition to having careers outside the home.

**Cynthia Hoven** has taught Eurythmy and given courses on Anthroposophy for over 25 years. She directs the four-year, full-time training in Eurythmy at Rudolf Steiner College in Fair Oaks.

**Susan Johnson, MD** is a behavioral and developmental pediatrician, anthroposophical doctor in private practice in Colfax, and school doctor to Waldorf Schools in the area.

**DeAnna L'am** is a speaker, coach, consultant and author of *Becoming Peers—Mentoring Girls into Womanhood*. Learn more about her Red Tent work with women and girls at [www.deannalam.com](http://www.deannalam.com).

**Trisha Lambert** has been a Waldorf early childhood educator for over 20 years and enjoys wool crafts of all kinds. She has also been the dyer for her business, Colors of Nature.

**Lori MacKinder, MA**, is a Waldorf-trained teacher currently living in Oregon and teaching for Lower Columbia College. She offers Spiritual Coaching and posts many parenting and teaching resources at [www.yourfullpotential.net](http://www.yourfullpotential.net).

**Melisa Nielsen** is a Waldorf-inspired curriculum writer and consultant. She and her husband, Erik, have authored 9 books for homeschoolers, including curriculum for the grades and their newest program, "Be a Beacon," connecting mothers to inner work. Together they homeschool four very active children. (See [www.alittlegardenflower.com](http://www.alittlegardenflower.com))

**Betty Peck** was a kindergarten teacher for more than fifty years and founder of the Saratoga Community Garden. She has written books on creativity in the kindergarten and the word "GOD," and a DVD on sex education in the kindergarten.

**Anna Rainville** is Betty Peck's daughter and is currently working as a mentor to public school and Waldorf teachers throughout the US and in Manila. She is the author of *Singing Games*.

**Sandi Russi, RYT**, has been practicing yoga and meditation for nearly 20 years and has been teaching since 2000 as a certified Ananda Yoga Instructor. In addition, she founded WISH (Waldorf-Inspired Sacramento Homeschoolers) in 2002 and serves as its coordinator.

**Shepha Schneirsohn Vainstein, LMFT**, cofounded Salaam Shalom Educational Foundation four years ago after visiting Waldorf communities in Israel and Palestine. She is also a psychotherapist in the LA area. Shepha will be co-leading an Interfaith Spiritual Pilgrimage to Jewish/Arab Waldorf Schools and Holy Abrahamic sites this spring.

**Alan Springwind** has helped raise four children. He was first introduced to clowning by Kaf Warman while administrator of “Arts in the Image of Man” in the early ’80s. He has since studied with Christina Lewis at the Clown School of San Francisco and with Vivian Gladwell of Nose to Nose.

**Ellen Springwind** is a trained Waldorf teacher and artist with over 20 years experience guiding children and adults in the creative process. She homeschooled for many years and also facilitates mother/daughter rites of passage groups.

**Lee Sturgeon Day** is a counselor and adult educator, cofounder of the Center for Social Development, England, and Lifeways for Healing Education. She has led workshops since 1975 and teaches adult development in Waldorf Teacher Training programs.

**Karen Viani** is a Waldorf early childhood specialist and graduate of Suzanne Down’s Junipertree School of Puppetry Arts and teaches puppetry, performance and storytelling at Rudolf Steiner College.



## Registration Information

**Fees:** See Registration Form on next page. US funds only, please, with checks payable to Informed Family Life. Visa and Mastercard accepted. Spouses/partners, grandparents and nannies are encouraged to attend with you for a reduced rate (not sisters or friends).

**Refunds:** A \$25 processing fee will be charged on all cancellations. The remainder will be refunded if requested more than 5 days before the conference; less than 5 days, the remainder will be credited toward CDs and DVDs.

**Location:** The conference is held at the Sacramento Waldorf School, 3750 Bannister Road in Fair Oaks. Directions will be provided with registration confirmation. Sacramento airport is 1/2-hour away; we recommend renting a car, as there is no shuttle service between hotels and Sacramento Waldorf.

**Lodging for the Conference:** The conference is held at the Sacramento Waldorf School, and no hotels are within walking distance. However, there are many inexpensive hotels in Rancho Cordova near the Sunrise Blvd. exit of US 50. Please look on the internet, or try those listed below.

We also recommend the single and double dorm rooms up the hill at Rudolf Steiner College—request a reservation form from [housing@Steinercollege.edu](mailto:housing@Steinercollege.edu).

**Reserve hotel space early!** Please check online or call the hotels listed below. Prices range from about \$50-\$95/night.

Hampton Inn, 916-638-4800  
 Fairfield Inn, 916-858-8680  
 Comfort Inn & Suites, 916-718-6114  
 Cordova Inn, 916-631-0373  
 Red Roof Inn, 916-638-2500  
 Marriott Residence Inn, 916-851-1550 (allows pets)  
 Hotel Sierra, 916-638-4141

**Lunches and Snacks:** Snacks during breaks will be available for purchase to benefit the 12th Grade Class Trip. Catered lunches (vegetarian—protein eaters take note!) are included with each adult registration; additional lunches can be purchased in advance for \$10 each (\$6 for children under 12). Sorry, we are unable to guarantee dairy-free or gluten-free main courses.

**Childcare at the Conference:** Nursing *in-arms babies* (only) are welcome at the talks and workshops as long as they are quiet. Small classrooms mean children older than babies, unfortunately, cannot be in sessions, so we have tried to provide children’s programs, as well as several options for children who may never have been away from their parents:

- **We are happy to have two parents pay for one registration, trading off attending sessions and being with the children. Please note this on your registration form and remember to purchase an extra adult’s and children’s lunches.**
- Or your child and caregiver (spouse or babysitter) can be at the Sacramento Waldorf School, where there are 10 lovely acres with the Sacramento River, a garden and cow, and many playgrounds. No charge except for extra lunches. Unfortunately, we don’t have room for your caregiver to be with your child in the children’s programs.
- We can provide the following children’s programs. **Sign up early, as programs fill.** The cost is \$35/child/day (children eat with parents and lunches are additional; snacks are provided)
  - Infant and Toddler Care (through age 3)
  - Kindergarten (4-5 years)
  - Waldorf storytelling, crafts, and nature activities (Two groups: ages 6-7 and 8-11)
- Children 12 and older are invited to help by working in the childcare rooms and will be paid \$75 for the two days. Call to inquire about availability, (303) 546-0070.
- If coming from a distance, make it a family trip to Sacramento and request that information on family activities in the area be sent with your registration confirmation.
- Or leave the children at home with relatives, so one or both of you can really focus your attention.
- Local people, please try to leave room at the school for out-of-town guests.

**Continuing Education Units:** The conference is co-sponsored by the Center for Creative Growth and is recognized for up to 10 CEUs for MFTs and LCSWs (CA Board of Behavioral Science PCE#566) and is provider approved by the CA Board of Registered Nursing (CEP #13077) for up to 10 contact hours. Refunds are provided up to 5 days before the conference. Look for attendance verification forms in the conference registration area.

## Join a Discussion Group on *The Woman Awake!*

To get a head start on the conference—or if you can't attend—**join a monthly conference call in which Rahima will interview Regina Sara Ryan**, author of *The Woman Awake. Feminine Wisdom for Spiritual Life.*

### Topics will explore the twelve chapters of the book (you can join any time):

- One — The Awakening/A Path of Annihilation (Jan. 6, 2010)
- Two — The Desert Path: Silence, Solitude & Prayer (Feb 10)
- Three — The Path of Waiting/The Way of Surrender (March 10)
- Four — The Path of Mother (April 7)
- Five — The Path of Compassion (May 5)
- Six — The Path of Darkness (June 2)
- Seven — The Path of the Warrior/The Way of Power (July 7)
- Eight — The Path of Service (August 4)
- Nine — The Path of Art and Inspiration (Sept. 8)
- Ten — The Path of the Body/The Path of Sex (Oct. 20)
- Eleven — The Path of Devotion (Nov. 24)
- Twelve — The Path of Community (Dec 15, 2010)

**Monthly calls** will take place on a Wednesday evening from 7:00-8:00 pm Pacific Time and will also be recorded so you can listen at any time during the following week.

**Join the Teleseminar at any point** along the way. You will receive a password to joining the live conversation and discussion, or you can listen to an online recorded version at your convenience anytime during that week.

**Register below:** \$10/session in blocks of four:

- \$40 for four consecutive sessions
- \$80 for eight consecutive sessions
- \$100 for all 12 sessions if paid up front  
(plus your own long distance charges for each hour)

**Buy the book now** (\$19.95 plus shipping and handling, see below) and start your own exploration of “feminine wisdom for spiritual life.”

## Mothering and Sprituality: Registration/Order Form April 2010

Return along with your payment to: **Informed Family Life, 207 Sunrise Lane, Boulder, CO 80302.**

Phone and fax: 303-546-0070. Secure on-line registration at [www.informedfamilylife.org](http://www.informedfamilylife.org). [Info@informedfamilylife.org](mailto:Info@informedfamilylife.org)

Name: \_\_\_\_\_ Spouse/Grandparent (if attending): \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ St/Pr: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (h) (\_\_\_\_) \_\_\_\_\_ E-mail: \_\_\_\_\_

### WORKSHOP CHOICES (Sat. and/or Sun.)

Indicate your workshop choices (required):

A \_\_\_\_ B \_\_\_\_ C \_\_\_\_ D \_\_\_\_

If C7 or D8, please give second choices: \_\_\_\_\_

Your spouse's/partner's/grandparent's choices:

A \_\_\_\_ B \_\_\_\_ C \_\_\_\_ D \_\_\_\_

If C7 or D8, please give second choices: \_\_\_\_\_

### REGISTRATION for both days (lunches included):

You: Early registration (postmarked by 3/1) \$170 \_\_\_\_\_  
 Regular registration (postmarked by 4/1) \$190 \_\_\_\_\_  
 Late registration (postmarked after 4/1) \$200 \_\_\_\_\_  
 Spouse, Domestic Partner or Grandparent: \$95 \_\_\_\_\_  
 (both days, includes lunches)

### REGISTRATION for one day only (includes lunch)

You: Sat. \_\_\_\_ or Sun. \_\_\_\_ \$95 \_\_\_\_\_

Spouse/prtnr/grndprnt: Sat. \_\_\_\_ Sun. \_\_\_\_ \$55 \_\_\_\_\_

**LUNCHES** are included in the above fees.

Number of extra lunches for other adults/children:

#Adult x \$10 + #Child x \$6 = Total

Sat: \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_

Sun: \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_

**Extra Lunches Total:** \_\_\_\_\_

If you don't want your address and phone listed on the roster, circle: No

### CHILDCARE: each child is \$40/one day, \$80/two days

Child's Name \_\_\_\_\_ Age \_\_\_\_ \$ \_\_\_\_

Child's Name \_\_\_\_\_ Age \_\_\_\_ \$ \_\_\_\_

Child's Name \_\_\_\_\_ Age \_\_\_\_ \$ \_\_\_\_

Circle one: Both days Sat. only Sun. only

Order lunches separately. **Childcare Total:** \_\_\_\_\_

### ORDER THE BOOK OR REGISTER FOR THE TELESEMINAR

Item	Price	+ Shipping	= Subtotal
Woman Awake	19.95	+ 4.00	= _____
Teleseminar (4)	40.00	+ na	= _____
Teleseminar (8)	80.00	+ na	= _____
Teleseminar (12)	100.00	+ na	= _____

**Total for this section:** \_\_\_\_\_

**Total Enclosed** (US funds: charge, check or money order, payable to Informed Family Life) **TOTAL:** \_\_\_\_\_

### Visa/MC Authorization (bill will say Informed Family Life):

Card number: \_\_\_\_\_

Expiration date: \_\_\_\_\_ Last 3 digits from back of card: \_\_\_\_\_

Signature (and print name on card if different from above): \_\_\_\_\_

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**Informed Family Life**  
**207 Sunrise Lane**  
**Boulder, CO 80302**  
**(303) 546-0070**

**Secure on-line registration at:**  
**[www.waldorfinthehome.org](http://www.waldorfinthehome.org)**

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**Can't Attend This Conference? Visit [www.waldorfinthehome.org](http://www.waldorfinthehome.org)**

- ⇒ **Join the Teleseminar on *The Woman Awake!***
- ⇒ **Order from 110 CDs and DVDs from past conferences**
- ⇒ **Over 175 articles on parenting and education**

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**What participants from the conference said:**

*"Life changing! I had no idea what my friends were talking about..."* ~ Anonymous

*"Very inspiring and validating! I have no Waldorf community or resources where I live, so I really appreciated this opportunity to connect in person with such valuable resources and like-minded people."* ~ JU, Ione, CA

*"The time spent at this beautiful location is so uplifting—pair it with wonderful, enriching classes and it's like a piece of heaven. Total bliss."* ~ HS, Sacramento, CA

*"Being a homeschool mother, it is a wonderful experience to be on such a beautiful Waldorf campus for the weekend."* ~ SL, Truckee, CA

*"I am simply grateful to finally be around a group of parents with similar values and styles...I feel at home and comfortable for the first time since becoming a parent. Thank you!!!"* ~ AB, Sacramento, CA

**What has been most valuable for you?**

*"Getting away!!! And then coming back to my family feeling inspired, invigorated, refreshed, full of ideas, refocused."*  
~ MC, Brookdale, CA

*"The ability to relax—and to be reminded of the good things in life. Being reminded to keep things simple and meaningful."* ~ CD, Sebastopol, CA