

Bird in Hand & Tara Kristof Present
Restorative Mothers' Mini Retreats

What's a Mini-Retreat?

We get it. **You are busy**-- engaged in a **dynamic dance** balancing the needs of your **children, home, and professional or creative** contributions to the community!

Yet you know better than anyone that your **parenting** and overall **quality of life** are enhanced when you can squeeze in that **yoga class, conversation with a friend, or a moment to collect yourself** over a cup of tea.

Mini-Retreats, like you, are efficient!

Tara & Courtney combine skills to infuse each four hour retreat with **rejuvenation for your body, mind & spirit**, including: a **full yoga class & guided meditation**, a stimulating **discussion with other thoughtful mamas**, a home-cooked, **organic meal** and a **creative project**. Take a break from work or home routines and let us nourish you in a way which feels like a real treat *and* continues to inspire you once you return to the intensity of everyday life.

SPRING 2013 MINI-RETREAT DATES

Thursday, April 25: Divine Compensation
On Money, Work & Miracles

Thursday, May 23: Nourishing Super Foods
for the Whole Family

Thursday, June 27: Conscious Parenting:
Exhale & Return to Center



*Every session will include
yoga, breath work and
meditation*



Courtney Pinkerton

Holistic Educator & Retreat Leader, Bird in Hand

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Restorative Mama Mini-Retreats

Spring 2013

"The retreat was amazing! I really liked all of it... I especially enjoyed the environment. It was relaxing and inviting...I have definitely thought more about the Enneagram and about being more eco-friendly. Looking forward to more!"

"I came home on such a high yesterday! I was so available to my family. Thanks ya'll for a much-needed and wonderful day-cation!"

"I felt all of our needs were taken care of, it was amazing. Courtney and Tara are wonderful teachers with amazing insight as well as caring attitudes."

BIRD  HAND

About Courtney & Tara:

Courtney Pinkerton, M.Div & M.P.P., is a holistic educator and retreat leader at Bird in Hand as well as a mother to three young children. She holds Masters in Divinity and Public Policy from Harvard University and supports people in their integration of the inner life with family roles and community contributions. She can be reached through her website www.courtneypinkerton.com

Tara Kristof, BA, RYT is a yoga teacher specializing in Prenatal, Postnatal and Restorative Yoga and a mother to Mia. She holds a Bachelor's in Psychology and has a passion for helping others find authenticity and bliss on their path. She can be reached through her website www.tarakristof.com

April 25 Divine Compensation

As tax season comes to a close lets claim some time to reflect on our attitudes about Money— and replace ideas which no longer serve us with new approaches. We will draw from the new book *The Law of Divine Compensation: On Work, Money, and Miracles* as an inspiring guide for the conversation.

May 23 Nourishing Super Foods for the Whole Family

With gardens growing and summer harvests ahead join us for an exploration of super foods and learn how to concentrate your nutrition to optimally nourish body and soul. Join us for a stimulating detox yoga sequence and to enjoy a chocolate mint super smoothie and other cleansing recipes! Each participant will also take home a medicinal plant seedling for the garden and learn some simple herbal practices which quiet anxiety and enhance everyday life.

June 27 Centering Practices for Busy Parents and Children

Summer is here and with it new demands resulting from travel and open-ended schedules. Don't slip into overwhelm! Join us for an exploration of *practical* strategies which help you and your kids, including: yoga, a home sacred space or "breathing corner," and guided meditations for the whole family. Join other conscious mamas for a lively discussion and learn new tips related to managing technology use and incorporating nature time into everyday life. Each participant will also create their own custom birds nest (using feathers, moss and twigs) as a special keepsake and reminder of intentions for their home.

Price \$80/mini-retreat

(includes lunch & materials.)

Location: Courtney will host us in her Oak Cliff home, tucked away in a woodsy area often described as a "country lane in the city" about 15 minutes south of downtown.



Mothers creating Heart Mandalas at a recent retreat— a centering practice they can later share with their children as an interactive art project.