



*Access  
your  
InnerSource*

# *Tools for Transformation*

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## *from Reactivity to Mindfulness*

*Presented by*

*InnerSource and Ridgely Retreat*

*Sunday, May 4 from 1:00 to 5:00 PM*

*Join us at Ridgely Retreat across from the Bread Company & Citgo  
203 Ridgely Avenue in West Annapolis, 21401*

### *Topics*

- *Unconditional Presence: The Foundation of Mindfulness Practice*
- *Creating a Foundation for Transformation: Physically & Spiritually*
- *NIA Technique: Exploring the Joy of Movement your Body's Way*
- *The Couples Dialogue: Getting to the Heart of the Matter*
- *Creating Order through Organization*

### *Presenters*

*Mary Strueber, LCPC, Assistant Director of InnerSource  
Alan Weiss, Integrative Physician, Landmark Educator  
Andrea Lichtenstein, RN, owner of Ridgely Retreat  
Margery Silverton, LCSW-C, Certified Imago Relationship Therapist*

*Refreshments will be served from 4:30—5:00 PM*

*Preregistration by April 18th: \$25 single/\$40 couple After April 18th: \$30 single/\$50 couple  
At the door: \$35 single/\$60 couple*

*To RSVP: please make out checks to InnerSource and mail with  
Name, address, phone & email to InnerSource/Ridgely Event 980 Awald Rd., Annapolis, MD 21403  
For questions call: The Ridgely Retreat: 443 433-0462 or  
InnerSource: 410 269-6298 ext.5*

*In celebration of InnerSource's 15th Anniversary  
the 15th person to RSVP will receive a Free Energy Healing Session or Massage*