



Alumni Women's Retreat Weekend

On the Pavillon Campus

April 20- 22, 2018

Arrive at 4pm Friday, Depart at noon Sunday

Cost:\$180, [Register Online](#)

Facilitated by Wolf Yoxall & Rachel Snowman

"Getting Grounded with Mother Earth"

No matter our intentions to be grounded and in our bodies, sometimes life intrudes. If we suddenly find ourselves unexpectedly busy or stressed from external stimuli such as noise, crowds, work, family stress, we may become ungrounded, scattered and struggle to find balance. Mother Earth energy is nurturing, calm, steady and grounding – a perfect antidote when we are out of our mind and bodies. If we call to Mother Earth, she will come to our aid and help us get grounded.

This weekend join Wolf as he teaches techniques and rituals to connect with the earth for healing, grounding and returning to a balanced life/recovery path.

Wolf Yoxall

James "Wolf" Yoxall, MA/BA (Wolf), Certified Spiritual Counselor and Ordained Minister, is the Spiritual/Wellness Director at Pavillon, providing individual spiritual counseling, spiritual experiential groups, Tai Chi, Yoga and teaches Holistic Recovery. Before joining Pavillon, Wolf served as an adjunct professor at Mary Baldwin College in Virginia, teaching in the fields of world religions and Chinese history. He is a published author and assistant editor for "The Virginia Review of Asian Studies." Wolf is certified in Outdoor Education, Marital Arts and has worked extensively with Native and Asian cultures.



For more information contact
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