

**TS 572: Special Topics in Mentoring --
Romancing the Goddess
with
Mary Elizabeth Lynch**

**October 16-18, 2009
Virginia Beach, Virginia**

Course Description

The essence of the journey to enlightenment honors and celebrates the wisdom of the human body as a vessel for the divine to manifest its beauty and healing in the world. Come join like-minded women in a celebration of the goddess energy which properly honors the miracle of the body and its role in manifesting the divine in the earth. Learn how to better nurture your body and get more deeply in touch with your body's natural rhythm and wisdom. Experience the deep connection between your physical body and the spirit that enlivens you and challenges you to be your best on every level.

Learn from some of our community's most accomplished teachers and healers who will guide you to:

- Get in touch with your highest purpose and goals and find out how your unique gifts support you in achieving those goals
- Learn methods to relax the body and the mind through meditation practices
- Experience movement as a healing modality through drumming and dance
- Learn how to support your body's structure through chiropractic and self-adjustment techniques
- Find out the importance of cleansing the body to enable it to renew and heal
- Learn how proper nutrition and diet supports your body in its ability to maintain and improve health
- Enhance your natural beauty through the feng shui of color, balance and energy
- Support your physical self through simple exercises that unblock energy and enhance the natural flow of energy in your body
- Open to the creative expression of your inner goddess through inspirational writing and journaling
- Relax into the inspirational and healing power of music
- Learn about the mysteries of the labyrinth and its power to support transformation and healing

Practical Details

Course Times: 9 am to 5 pm Friday and Saturday;
9 am to Noon Sunday

Location: Main Auditorium at the Association for Research and Enlightenment's Visitor Center,
Corner of 67th Street and Atlantic Avenue, Virginia Beach, Virginia
23451

Tuition:

\$99 for "sampler" which covers just the three day program in October
For the \$99 "sampler" enrollment (i.e., only the three days in October) registrations are being handled by the conference registrar for the ARE. Call 1-800-333-4499 and indicate that you want to enroll in the Atlantic University program October 16-18 with promo code AU091016.

plus \$240 for certificate track full course (three days in Virginia Beach
plus 2 distance-learning follow-up modules)
\$435 for master's degree credit course (three days in Virginia
Beach plus 2 distance-learning follow-up modules)

Note about the "full course" for AU students: After the three days in Virginia Beach in October, there will be two distance learning follow-up modules to complete. The Study Guide for those two modules will be distributed at the end of the three day residential portion of the course. They will involve reading assignments and one essay for each of the two modules. The reading and writing assignments will be more flexible and shorter for people taking this course for CEUs in the certificate track program.

Enrollment

Contact the Atlantic University registrar at 1-800-428-1512 if you want to enroll in either version of the full course (i.e., MA credit \$750 or the Spiritual Mentor certificate \$495 program).

For the \$99 "sampler" enrollment (i.e., only the three days in October) registrations are being handled by the conference registrar for the ARE. Call 1-800-333-4499 and indicate that you want to enroll in the Atlantic University program October 16-18 with promo code AU091016.

Course Leader

Mary Elizabeth Lynch, M.A, J.D., is an educator, conflict transformation specialist, and an attorney/mediator. She holds a master's degree in philosophy and is a graduate of the University of Virginia School of Law. She teaches in Atlantic University's peacebuilding program, and she is a co-founder and president of the Personal Transformation and Courage Institute, where she serves as one of its principal course leaders. More information about PTCI can be found at www.transformationANDcourage.org

Mary Elizabeth will be joined by several other co-presenters during the residential program in October, including Wendy Rains, Betsey Brooks, Charlene Winkler, Toni Romano, Peggy Cross, Sandra Duggan, Christine Falwell, Ellen Selover, Denise Furgason, Joanne Dimaggio, June Bro, Elizabeth Waitekus, and Sherry Treadwell.