

PRAIRIE, POSSIBILITIES *and Purpose*

A Weekend for Women at Prairie Sky Guest Ranch
with Barb Greenberg and Kristi Skordahl

AUGUST 9–11, 2013
VEBLEN, SOUTH DAKOTA

Join like-minded women who seek to live in happiness and wholeness for a weekend of exploration, reflection and fun on the South Dakota prairie.

PURPOSE

This weekend is designed for women who want to explore the journey within, reflect on where they have been in their lives, and create intentions for the steps ahead.

Stimulating group experiences and liberal free time to relax, restore, and recharge.

Programming designed by Barb Greenberg and Kristi Skordahl (see bios, below).

LOCATION

Prairie Sky is a 2,000-acre horse and bison ranch located on the beautiful Coteau des Prairies ("Hills of the Prairie") near Veblen, South Dakota. The ranch is a four- to five-hour drive from the Twin Cities depending on starting point and travel speed. Guests must arrange their own transportation to and from the ranch. (A roster of attendees will be provided so car pools can be arranged.) The nearest regional airport is in Fargo, North Dakota — 80 miles north of the ranch.

Participants are welcomed and encouraged to arrive a day or two early or stay an additional day or two to more fully enjoy this beautiful part of the world. These arrangements should be made directly with Prairie Sky.

www.prairieskyranch.com



PROGRAM

Group sessions will involve self-reflection, group process, art projects and lots and lots of fun.

Mornings begin with the opportunity for yoga and meditation, meals will be shared communally, and evening sessions will end at 9:00 p.m. to accommodate those who like to hunker down early and those who like to talk and have fun late into the night.

Saturday afternoon will offer optional horseback riding, massage therapy, a ranch tour (all for an additional fee), or blissful quiet time in a beautiful healing place. You may bring your own horse for a small paddock fee.



ACCOMMODATIONS

The air-conditioned cabins are cozy and comfortable. Each has a welcoming front porch, a wood-burning fireplace, a small refrigerator, microwave and coffee maker. The cabins can accommodate four (or more if everyone consents). Each cabin has two bedrooms, a loft with two beds, and a pull-out couch. Guests must be willing to share a small bathroom and shower with other “campers” with grace and good humor!

Two private rooms are available in the lodge. These rooms are reserved for campers with physical limitations. All participants must be able to navigate the stairs to the lower level meeting room in the lodge. There is no elevator.

MEALS

Meals are traditional, healthy (and absolutely delicious) country fare. Prairie Sky will accommodate special dietary needs to the extent possible, but if you have special dietary needs or preferences, we encourage you to bring what you need. Because of the limited number of attendees and our commitment to keeping the weekend as affordable as possible for everyone, we cannot reduce conference fees to accommodate dietary restrictions.

Coffee, tea and water will be available throughout the weekend and beer and soft drinks will be available for purchase. You are welcome to bring whatever other beverages you wish and they will be stored and refrigerated for you, or you can keep them in your cabin.

WEEKEND SCHEDULE

Friday

1:00-4:00 Arrive Prairie Sky
4:30-6:00 Welcome, introductions,
happy hour
6:00-7:00 Dinner
7:00-9:00 Evening session
9:00 Bedtime or free time

Saturday

7:00-8:00 Yoga and meditation
8:00-9:00 Breakfast
9:00-12:00 Morning session
12:00-1:00 Lunch
1:00-4:30 Free-time (*horseback
riding, massages and
other activities will
be available for an
additional fee*)
4:30-6:00 Group reflection and
happy hour
6:00-7:00 Dinner
7:00-9:00 Evening session
9:00 Campfire and
free time

Sunday

7:30-8:30 Yoga and
meditation
8:30-9:00 Breakfast
9:00-12:00 Morning session
12:00-1:00 Lunch
1:00-2:00 Closing session
2:00 Depart Prairie Sky

COST

\$475 covers accommodations, meals, programming, materials, taxes, gratuities, snacks and refreshments, and three days in a setting you will never forget.

EARLY REGISTRATION BONUS!

Register by June 30 and receive \$50 off your registration fee and pay only \$425.

We are actively seeking sponsors who have the financial ability to make this experience accessible to all women. If you have the ability and the inclination to provide a scholarship, please contact Barb or Kristi. Your donation will be happily and gratefully accepted.

If you need a full or partial scholarship, let us know and we will do our best to get you to Prairie Sky. We expect all attendees to contribute what they can financially, but we don't want the door to this experience closed to those who cannot afford it.

REGISTRATION

Space is very limited.

Register and pay online at www.barbgreenberg.com/prairiesky.

or

Register and pay by mail: Send your name, address, phone number, email address, and check to Barb Greenberg, 16526 W. 78th St. Suite 312, Eden Prairie, MN 55346. Please include the name(s) of desired cabin-mates and any special needs/requests you have.

Ask Barb or Kristi about our cancellation policy and downpayment options.

PACKING TIPS

- ✓ Casual clothing appropriate to the anticipated weather, including a rain jacket
- ✓ Long pants and closed-toe shoes or boots for those who wish to ride
- ✓ Walking shoes
- ✓ Yoga clothing and a mat if you choose to do yoga (the yoga room is carpeted)
- ✓ A notebook or journal
- ✓ A flashlight
- ✓ Insect repellent and sun screen
- ✓ Additional money for optional activities, beer and soft drinks
- ✓ Any additional food, snacks or beverages you want to bring
- ✓ An open mind and a spirit of adventure

ABOUT YOUR FACILITATORS



Barb Greenberg is living proof that hope can be found in the most difficult situations and that there is always an opportunity to reclaim your life. Divorced after thirty-three years of marriage, she worked through her pain to find healing and wholeness. Determined to share what she learned, Barb authored two books, became a sought after speaker, and created unique and empowering programming for women designed to help them reconnect to their power, strength and wisdom. Barb has been mentoring women for over thirty years and is the proud mother of two exceptional daughters and grandmother to six extraordinary children. Barb lives and works in Eden Prairie, Minnesota.

www.barbgreenberg.com



Kristi Skordahl is a divorce attorney and certified life coach. In her book, *And Then She Was Happy: A Book About Divorce*, Kristi chronicles her painful marriage and divorce and her long, difficult and joyous road to self-recovery. In her book, Kristi describes her own healing process during a time of tremendous uncertainty and, in an excerpt from her book, she offers these words for women considering whether to participate in this weekend:

During a time of enormous transition, I started to embrace opportunities I would have otherwise deferred or dismissed. I opened myself up to whatever classes, seminars, or retreats crossed my path. When something interesting came along I asked myself three questions: Do I want to do this? Can I fit it into my schedule? Can I afford it? If the answer to all three questions was yes, I asked myself one more question. Why wouldn't I? If I did not have a good answer to that, I did it. So it came to be I had some pretty nice experiences, all of which contributed to my healing.

Kristi lives and works in St. Paul, Minnesota.

www.kristiskordahl.com

www.andthenshewashappy.com

Questions? Contact either Barb or Kristi

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