

# *Navigating Change: A Wise Woman Retreat*



a two-day workshop/retreat for women in the midst of change  
with Vanessa Timmons

February 6 – 7, 2027

at the Nurturing the Heart retreat center and garden in Vancouver, WA (15 minutes from Portland International Airport)

Change is a constant in our lives, and how we navigate it is a deeply personal dance. At the same time, when we are facing life transitions – in career, relationships, health, or identity – community is the essential support we need so each of us can develop a personal roadmap for this journey.

We will work together to develop practices to accompany you every day. They will provide ways to ground yourself, honor your journey, and step into change with support, courage, and clarity. Being in community helps us connect to our personal wisdom and to the cycles of transformation that are Nature's gift.

Together, we will

- practice a unique transformational journal writing process together.
- design your sacred space dedicated to grounding change.
- transform everyday materials into personal sacred medicine.
- offer deep listening and compassionate conversation with each other to build community and clarify the direction.
- develop meditation practices for inner support.

“Tell me, what is it you plan to do with your one wild and precious life.” Mary Oliver

## **Space for 15 participants**

**Cost:** Full tuition - \$275 if paid in full by 11/1/26. \$325 after 11/1/26.

Refund and grievance policy available at <http://www.nurturingtheheart.org/our-programs>.

**Cost includes:** Tuition, lunch and light snack.

**To register and for questions:** Contact Vanessa at [vanessa@vanessatimmons.org](mailto:vanessa@vanessatimmons.org)

Because of the personal components of this program, we cannot offer credit through NBCC. We will provide a certificate of completion that you can share with your licensing boards to see if they will give you credit.

**Vanessa Timmons** is a healer, life coach, writer, social justice activist, and advocate with over 35 years' experience working with survivors of trauma. She attended Marylhurst University's Multidisciplinary Studies Program in Portland, Oregon, and has continued her formal education through certificates and training, including the Interpersonal Neurobiology of Trauma Certification Program at Portland State University, and Light Song school of 21st century shamanism and energy medicine. She is an ordained priestess through SisterSpirit, a women's spirituality community located in Portland, Oregon.



Vanessa has worked extensively with survivors of domestic violence and sexual trauma, and is recently retired from being the executive director of the Oregon Coalition Against Domestic and Sexual Violence. She lives in Vancouver, Washington with her family.

Vanessa says, "It is my lived experience with trauma, both personal and historical, that led me to my profession as a healer and advocate. I was introduced to Interpersonal Neurobiology and Relational Neuroscience as a student at Portland State University, as part of the IPNB certification program in the fall of 2012, and have continued to explore, learn, question, and study these practices for over 15 years (most of that time with my primary teacher, Bonnie Badenoch). INPB offers me a framework for understanding and navigating the power and wisdom within our woundedness and the path we take together to fully heal. I love the practice of IPNB because it mends the connection between the wisdom of our ancestors, the wisdom of our bodies, and the power of the stories we carry. I believe that as we tenderly explore the relationships within us, and our relationships with each other, we can heal woundedness in our world.

"In recent days, I've been developing a 5-step path we can walk together. I'm eager to share it with you!"

