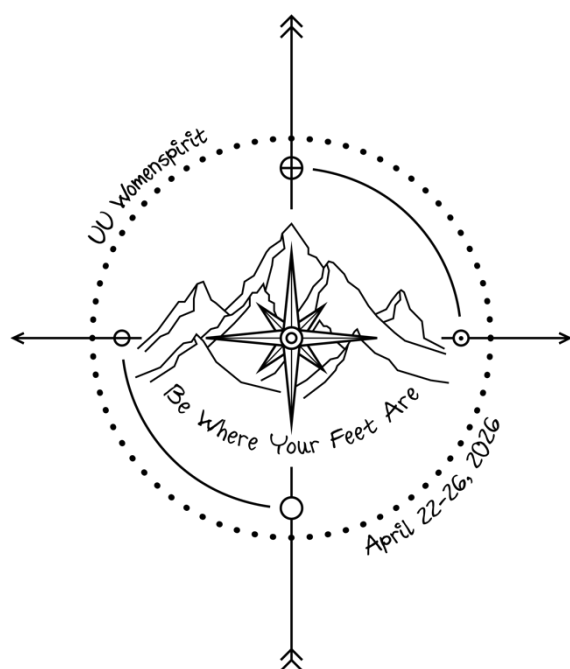


# Come to The Mountain for Spiritual Retreat in Sisterhood

## All Women are Welcome!

Join us for the Spring 2026 UUWomenspirit Institute & Gathering!  
April 22-26 at The Mountain in Highlands, NC.



### ***Be Where Your Feet Are***

The Mountain is such a magical place! We'll connect with the fires that forged these mountains, the gems underground, the stone of the boulders, and the winds that shaped this unique ecosystem. We will appreciate the unique dwarf white oaks, the ancient mosses, the waters of local ponds, creeks, rivers, and waterfalls, and the wildlife that calls The Mountain its home. We will open our hearts to receive love and support from The Mountain, Mother Earth, the Natural World, and One Another. And, perfectly, April 22<sup>nd</sup> is Earth Day!

A variety of workshops will be offered, e.g., poetry, sound healing, birding, making altar cloths, and *Feldenkrais® Awareness Through Movement®*. Registration is open Feb 11<sup>th</sup> - Apr 1<sup>st</sup>.

UUWomenspirit is a volunteer-led organization that has provided a semi-annual retreat for women since 1987. We gather in a beautiful location at the summit of Little Scaly Mountain and deepen our connection to Spirit through theme-related workshops and worship services, quiet reflection, and fellowship. We embrace the Feminine Divine and Earth-centered spirituality, as well as all spiritual beliefs and journeys.



UUWomenspirit events are open to all interested women. We encourage and affirm diversity.

For more information: [www.uuwomenspirit.org](http://www.uuwomenspirit.org).

