



**“Stepping past Limits: Transcending the
Introvert/Extrovert Dichotomy”
with Dr. Nancy C. Reeves**

As the time for New Year’s resolutions approaches, why not step past a limit that many people don’t think can be crossed? Are you an extrovert or an introvert? Research indicates that each inclination uses different parts of the brain. Each inclination views the world somewhat differently and responds to spiritual practice differently. As part of her research findings, outlined in her new book, “Spirituality for Extroverts (and tips for those who love them),” Nancy Reeves discovered that a number of her research participants had become omniverts, able to use more of their brains and live a multi-faceted spirituality. In this camp, we will explore how to live more fully into our familiar inclination, as well as learning to live in the less familiar one.



Dr. Nancy C. Reeves, from Victoria, B.C. Canada, is a clinical psychologist, psychotherapist, spiritual director, best-selling author, and published poet. She works extensively in the areas of healing and spirituality. Nancy has been a presenter at Eliot Institute and has presented at many UU fellowships throughout the U.S. and Canada. She is an adjunct faculty member at the University of Victoria and guest lecturer at universities and colleges in Canada and the U.S. She presents workshops and retreats throughout North America, Scotland, England, Ireland, Wales, New Zealand and Australia. She has published over 40 articles in professional journals and general interest magazines. In 2002, Nancy was the recipient of the Victoria YW/YMCA Woman of Distinction Award – Health and Wellness.

What is Winter Eliot?

Winter Eliot is a 5-day family camp. It's both a conference and a vacation at a wonderful conference center — a one-of-a-kind experience of play, community, and worship for the whole family. In addition, to the adult theme presentation each morning, there are concurrent programs for children and youth. The rest of the day there are a variety of intergenerational activities — games, workshops, art, musical and performance events, to name a few. Or you can sit curled up with a book by the fire and lazily watch the shadows lengthen. Winter Eliot feels intimate and cozy. There's no better way to celebrate New Year's Eve — we hold a boat burning ceremony at the lagoon and then dance the night away, culminating in a Midnight Winter Feast! Meals are provided and served family style. All you have to do is register and show up!

Seabeck Conference Center is located amid tall cedar and fir trees at the foot of the Olympic Mountains, overlooking the beautiful Hood Canal in western Washington. Come find out how good life still is, and how simple happiness can be.

To register, complete a registration form and return it to:

Eliot Institute
2628 - 31st Avenue West
Seattle, WA 98199

If you need a registration form, please visit our website at:

www.eliotinstitute.org
or call us at 206-374-2497.

We'd also love to hear from you at

registrar@eliotinstitute.org

Eliot Institute is a nonprofit organization whose mission is to operate camp conferences which promote personal and spiritual growth for Unitarian Universalists, their families and friends. It is affiliated with the Pacific Northwest District of the Unitarian Universalist Association. Eliot Institute creates and supports an inclusive community of celebration, friendship, exploration, relaxation and joy.