

# Circles

October 21-23, 2011

A retreat-conference-gathering for all women—and men whatever your sexual orientation, sex/gender designation at birth, whatever your age, race, or cultural affiliation, whether or not you are politically, socially, or anatomically, 'correct'. Circles embraces everyone whatever their gender identity/ies.

Circles is an opportunity to leave fear, shame, awkwardness, homophobia, and genderphobia behind and move toward an integration and acceptance of who we are as people. It is finding our way back to wholeness, reclaiming our lives, opening to the many dimensions of this journey - spiritual and personal, as well as cultural, social and political.

Together we will explore the varied landscapes of identity, gender, and sexuality. We will look at common ground, and common difference. What do we share in our souls? How can we support each other? Can we free ourselves from the many assumptions that are held by the dominant culture that cause us isolation and fear? Can we embrace *deep* diversity, to invoke more authentic human expression? What can we learn as we uncover new aspects of ourselves that we may never have imagined existed?

For those who have felt excluded from other retreats and conferences, Circles is a chance to enjoy safe, inclusive, non-judgemental space.

For those who have taken gender identity for granted, it may challenge your assumptions about gender and deepen your understanding of who you are.

If you are you ...

- transgendered or gender-queer and looking for community and connection?
- straight/bi/gay/gender-queer/trans/or questioning!
- disorders of sex development/intersex
- in a relationship with a transgendered person, now or in the past?
- a therapist or educator who addresses issues of gender and gender-identity in your work?
- seeking new directions in thinking, identity, and action to support your unique experience?

## Registration:

The cost of the weekend, including accommodation, workshops, and fine vegetarian meals, is \$250. Space is limited to 20, so it is important to sign up early.

Please send your check to:  
Ordinary Dharma, PO Box 67,  
Warner Springs CA 92086

Register by credit card or PayPal online  
[www.manzanitavillage.org](http://www.manzanitavillage.org)

## Five Changes Coaching

[www.FiveChanges.com](http://www.FiveChanges.com)  
[www.laGenderCenter.com](http://www.laGenderCenter.com)

CIRCLES. Sponsored by Five Changes, Los Angeles Gender Center, Manzanita Village Retreat Center

Circles:  
Trans-  
gender  
Em-  
Power-  
ment!

## Schedule

### Arrival and Orientation:

Friday, October 21 between 3:00-5:00 pm

Conference Ends: Sunday, October 23 at 3:00 pm

Retreat participants who wish, can facilitate a workshop. These will be planned prior to the event.

Everyone will be asked to lend a hand with kitchen cleanup after meals - (many hands make light work!)

In addition to scheduled workshops there will be time to rest, hike, journal, hang out etc. There are trails for hiking and plenty of open space. Clothing-optional sauna will be available in cold weather.

Meals are delicious + vegetarian, served family-style.

Special diets and allergies can be handled with advance notice. (please let us know of your needs when you register)

## Location

"Circles" is now part of the regular program offered by Five Changes Foundation, based at Manzanita Village Retreat Center. We are in a secluded, unspoiled valley adjacent to several thousand acres of national forest in Northeast San Diego County. We are 2½ hours from Los Angeles and 1½ hours from San Diego. With advance notice, rides can be arranged. If you are flying into the area from elsewhere please let us know well in advance so that we can coordinate a ride for you.

## Questions? Please Contact Us

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## Creating Sanctuary

Circles is a retreat-conference for anyone who is transgendered (ftm or mtf), (pre-, post-, and non-operative - at any stage of transition); with anatomical variance; gender-queer; or people simply questioning gender and gender-identity; allies of trans women and men; and anyone interested in exploring gender expressions in a small, safe, non-sexual gathering of like-minded folk.

*the quiet beauty of the setting,  
and the grace and support  
of the participants reminded  
me of how wonderful life can  
be. I can't imagine anyone  
not being touched by the  
community of kindred spirits I  
encountered here . . .*

*—participant at a Circles retreat*

## Cost

Sliding scale \$250-\$395.  
Payments above \$250 go to our scholarship fund.

Price includes accommodations, meals from supper on Friday through, lunch on Sunday, and all workshops.

A limited number of private rooms are available for an extra charge of \$50 per person.

## Workshops

YOU are the expert on your life. Your perspectives are uniquely valuable. We co-create these retreats so that anyone who wishes can facilitate a workshop, create a performance, or lead a discussion. There is no fixed form: movement, art, demonstration, ritual, music, theater, readings, dialog, photos, massage, improvisation—anything is possible. We encourage your participation. Some areas of exploration are:

- Identity and identity stereotypes
- Communication and communication styles
- Community, connection, isolation
- Identity politics
- Hormones, surgery, emotions, libido
- Spiritual aspects of transition
- Poetry, art, performance, music, dance
- Mask making, party games, singalongs
- Politics of genderqueerdom 'Deep Queer'
- Dealing with difficult emotions
- Finding our true voice
- Transition rituals
- TS employment issues
- Dating in transition and beyond
- Issues for partners of transsexuals
- Alternatives to surgery
- Sexual orientations and reorientations
- Trans Gods, Goddesses, and S/heroes
- Reclaiming our history
- Building coalitions, building community
- Women' space. Queer space
- Loving our bodies. Body image & self-esteem

*... and a whole lot more*

## Dates of next Circles

We hold these workshop/conferences twice a year. The next will be held in the Spring of 2012. See our website for details - [www.manzanitavillage.org](http://www.manzanitavillage.org).