

**From:** GAIL HULL <gailhull@shaw.ca>  
**Subject:** Goddess Gathering - NETWORKING - RETREATS 2010  
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**To:** gailhull@shaw.ca

## Wisdom Within Workshops & Retreats Newsletter

"A New Year, New Beginnings"

January 2010

### Happy New Year!.

I love this time of year - starting a fresh new year - my husband and I started the year off with doing the Master Cleanser for 6 days and then the liver/gallbladder flush as one of our commitments is to our Health and Well-Being so we detoxed our bodies, cleaned our closets, reinvented who we are for each other, let go of any past upsets and I did a collage of my Vision for this year.

2010 is a very exciting year for me as  $2+0+1+0=21$  and  $2+1=3$  and my birth number is 3 - and it is also my favorite number so I say "this is my year" (Feb 02,24, 1957 = 1983 which was my karmic year and  $1+9+8+3=21=3$ ) and 3 in my Voyageur Tarot Deck is Empress - Creation - This year however  $2010+02+24=11=2$  Priestess - which to me is the "Goddess" energy. I am looking forward to more "goddess" energy this year as last year I took on a job *selling* shoes which brought out more of my male energy - the determination to be #1 in sales - ego - and focus helped me achieve my goal but at the cost of nurturing my well-being. So I have taken time out to relax over the holidays, spent time with friends, read the "Anastasia" Ringing Cedar book, and got back into my "hot yoga" - tomorrow I start the 30 day challenge - 30 classes in 30 days - so with my cleanse, hot yoga and a new View of Life this year - I am very excited about what is in store for 2010...

Have you ever taken time out to ask yourself.... "What do I really want out of life?" Maybe it's that trip you've always wanted to take and never could afford or had the time for. Or perhaps you have some other life-long dream you would like to see materialize. I invite you to journal or make a list of at least 10 things you want in your life and make a "Vision Board" and share it with at least one other person. Once we know what we want we really can have it by putting structures in place for it to happen. The first step could be attending one of the "Goddess Gatherings" or our retreats where you get to take time out for yourself and discover what is important to you. I enjoy watching women achieve things they never knew were possible. That is why I continue to offer the retreats for women. Not only do you get to take time out for yourself but have fun, relax, meet new friends and exchange ideas about what is possible for your life. I look forward to meeting a lot of great new women this year and I hope you are one of them.....

Gail/Layla

### In this Issue

- "Goddess Gathering - CONNECTION, NETWORKING, Fun"  
February 19- 7 pm
- Paul's Motor Inn - 1900 Douglas St, Victoria

Women Inspiring Women/Goddess Retreats for 2010 - April 16-18, May 28-30 and Sept 10-12

"GODDESS GATHERING - NETWORKING EVENT"

## **Goddess Gathering - Connection and Networking Evening**

**February 19- 7PM - arrive 6:30-6:45 pm**

**Paul's Motor Inn - 1900 Douglas St - downstairs**

**\$10 cash at the door - Networking Table available**

**RSVP (chair setup numbers) [gailhull@shaw.ca](mailto:gailhull@shaw.ca) or 250-479-2801**

**Join us February 19- 7PM "Goddess Gathering - Networking Event"** an inspirational evening where like minded women come to connect and share who they are and what they are up to in their lives. We start the evening with a grounding through drumming and a meditation, then we pick one of my "Wisdom Within-Living in Balance" oracle cards and introduce ourselves and share how the card relates to where we are at in life - which is usually appropriate. I create a safe space for women to come together and meet new women, make new friends, (last meeting some of us went for a walk along the breakwater and tea at Ogden Point cafe) share our gifts and talents, share our visions and our dreams, or our life purpose, last time we had 3 different authors read from their books, and time to socialize and share our Business with others. My Vision is to create a group that comes together once a month ongoingly to connect, create powerful relationships together and support each other in our DREAMS... I would love to see this circle grow this year such that we all have a place to come to receive and contribute our GIFTS with each other...

**NETWORKING** is an opportunity to share what we are passionate about with others - for me I love sharing about the difference my "Women Inspiring Women/Goddess" retreats make possible for women - a whole weekend away just for them, it has made such a huge difference for so many women and I am so Blessed to get to do what I LOVE... I also love to support other women in what they are up to so that is why I create these evenings... Whether you have a business of your own, still discovering your Purpose and Passion, or just want to sit in a circle of women and connect I invite you to join us for a fun evening. If you have any suggestions or want to contribute your gift in any way please feel free to contact me...

[Read on...](#)

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## *"Women Inspiring Women" Retreat April 16-18th*

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### **Women Inspiring Women/Goddess Retreats for 2010**

**April 16-18**

**May 28-30**

**Sept 10-12**

**Sooke, BC**

**\$350.00 or \$299.00 Early Bird Special**

**Includes: Meals, Accommodations, Guest Speakers - Healing Modalities Extra**

At the "**Women Inspiring Women/Goddess**" retreats we provide a safe space to let go and just be YOU - where ever you are at in life - you get to share who you are, what you are passionate about, what you want in life, and really connect with other women. It is about celebrating our uniqueness, honoring who we are, and being true to ourselves. An opportunity to nurture ourselves, reflect while being in nature, we have a beautiful space in Sooke right on the ocean, enjoy great speakers and meals together, network, or enjoy some of the healing modalities available. A weekend away just for you because you are special.

We have a sharing circle on the Friday night to get to know each other - either inside

or down at the beach with a campfire, depending on the weather, 3-4 different guest speakers - presenting mini workshops, creativity - we usually paint our wine goblets and enjoy a special "goddess dinner" followed by a "goddess gift exchange" which is always fun as we can steal the others gift once - so it is always great as we get the perfect gift for us - followed by spa night and chocolate fundue and more fun.

Join us April 16-18th or any of the weekends available

Women Inspiring Women Retreats are also designed as a Networking Weekend for women to support each other in business. As we all know there are several amazing women who have stepped outside of their comfort zone and started their own business, (myself included). As women we try and do it all alone. This weekend retreat is designed so we build relationships where we can feel comfortable about recommending other women's services. At the retreats we get to sample some of the products, services, guest speakers, and share ideas to help each other be the powerful, successful women we are in today's busy world.

***If you or anyone you know is interested in being a guest speaker, offering any healing modalities, sharing your talents, please let me know. Please feel free to pass this newsletter or website on to any women you think may be interested in finding out more about "Wisdom Within Workshops & Retreats".***

Thank you for taking the time to read this newsletter, I want you to know your email is only used for this newsletter, if you want removed from the mailing list please email me and let me know.

**At this time I am creating a brand new website I am very excited about so keep an eye out for it soon.**

Namaste.....Gail/Layla

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email: [gailhull@shaw.ca](mailto:gailhull@shaw.ca)  
phone: 250-479-2801  
web: <http://www.wisdomwithin.ca>

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