

Wisdom Within Workshops & Retreats Newsletter

Thanksgiving - Gratitude

October 2008

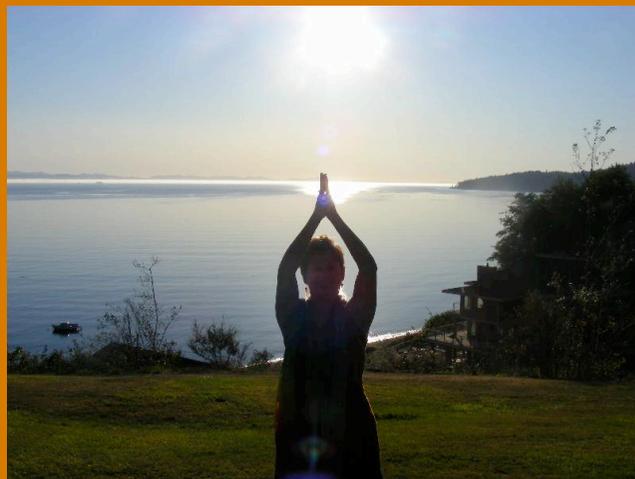
Greetings!

Ladies: As summer slips by and we enjoy the beautiful fall colours - I am thrilled to say the summer was awesome. After attending a silent

retreat with Gangaji in July - I knew I wanted to meditate more and have more time in silence as well as take a yoga class, well August 27th I started the **Bikram Hot Yoga** classes and have only missed 6 days since then - and I love it. He calls it the Bikram Torture Chamber for good reason doing 26 postures in 90 minutes in 105 degrees - but I am loving it - it was just what I asked for as I am also in the **Beyond Fitness Seminar** with **Landmark Education** - and this is way beyond fitness - such discipline, determination, mastery, no matter if I go every day for a year - there will always be room for improvement - so I am excited to be on this new journey of "wisdom within" as it combines all my work with Landmark Education, Spirituality and personal growth and development. It is no longer about losing the same old 10 pounds. As Bikram says by practicing Hatha Yoga it will help you reach your true unlimited potential as a human being. This stretches more than the body, mind and spirit - **it stretches me to be the best me I can BE.....** and that is what "Women Inspiring Women Worldwide" is for me - to push myself further than I can imagine so when I support other women at the workshops and retreats - I know I am sharing from overcoming my personal obstacles and limitations. **Please Pass on to the Women in your Life.**

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*"Goddess-Fairy-Princess Playday" -
Mother/Daughter/Grandmothers/Aunts/Sisters/Girlfriends - ALL AGES
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"Goddess-Fairy-Princess Playday"

Mother/Daughter/Grandmothers/Sisters/Aunts and Girlfriends - November 22nd -11am - 4pm -\$30 1st person - \$10 2nd, 3rd (over 6 yrs) 3281 Harriet St. - Something for Everyone - **(includes light lunch)** - an opportunity for our community of all ages to come together to play. I am very excited my daughter Tanya will be home from Australia and her European Charter Boat Adventure - so I would like to have as many mothers/daughters come out to this playday. We will be having lots of fun with several crafts, goddess/fairy crowns, tissue paper lantern making (like we made at our last retreat in Sooke), vision boards, mini tarot card readings, fairy cards, tattoos, story time, crystal workshop and jewelry available, mini spa treatments, drumming, meditation, mini workshops, photo booth and plenty of FUN.....**for all ages** - come and play..... **NETWORKING OPPORTUNITY** - if you want to contribute in any way, offer spa services, mini workshop, healing modalities, or fun with the kids, face painting, story telling, etc this will be a great way to provide a service and networkplease let me know how you want to play..... **VOLUNTEERS APPRECIATED** a great opportunity for Christmas promotionscontact Gail 250-479-2801 or gailhull@shaw.ca

Financial Explorations Playshops - Couples/Women



(our view)**Financial Explorations Playshops - \$200/4 weeks coaching (1 night week for 4 weeks)** - starting the middle of October and ongoingly - my husband Bruce and I will be offering a monthly coaching series on **"Being Powerful in the area of MONEY"**. As a community working together in a small intimate group you will have access to so much more than figuring it out on your own while uncovering



your "Beliefs" about money (**without having to share any specific money details**) we are able to see where we are at in life and create what is

important to us. We will be using **boardgames, collages, videos and other important tools** to increase your financial intelligence such that you will be able to make "**wiser choices**" in the area of finances. Have you ever wondered why in school we are not taught about one of the most important subjects in our lives, money if you were raised like most families you didn't talk about it much if at all. Then we go out into the real world and do our best, never realizing that there are powerful and simple distinctions with money, the knowing of which would not only free us up, but empower us. The Financial Explorations Playshop brings it all together with ease and playfulness in a safe nurturing environment.

Couples: Once we get into relationships and get married we now have **two people with two different views on money** doing the best they can. The number one cause of divorce in our world is money. The extraordinary opportunity in this playshop is that as a couple you have the opportunity to participate in an exquisite and intimate conversation about money together. You will explore what each of your beliefs are about money, while at the same time learning financial intelligence and literacy.

Women: Some women were never good with numbers or math in school or are "**spenders**" and **never seem to get ahead.....** so when women come together in a safe space and are able to ask important questions they wouldn't normally ask - and learn powerful distinctions that support them in making "**smart choices**" in the area of money -they start to create a whole new future they can live into. It may even be a "**simple life**" with time freedom that is important to you or time with the kids and family.

So if you ready to inquire into your "beliefs" about money and transform them such that you will be able to **own your power** and create a powerful future in the area of money and what is really important to you in life especially with the **Financial Systems breaking down it is time for YOU to be responsible for your future.....**We invite you to join us for this amazing journey as a powerful community creating what is next for you..... We have led these workshops in **Los Angeles, Portland, Seattle, San Francisco, Vancouver and Victoria.**

"Goddess Gathering" Sacred Circle-Networking Evening October 28th



"Goddess Gathering" Sacred Circle - Networking and Connection Evening - October 28th 7:00 pm - 9:30 pm - Paul's Motor Inn - 1900 Douglas St. RSVP - minimum \$10 Love Offering. Ladies this is an amazing opportunity to build relationships with other women - share your passions and purpose in life - network - or reach out for loving support. As women we all have our ups and downs so it is great to always have a safe space to come to - to connect with other women - as I don't

have any other weekend retreats booked for the rest of the year - it is

important to create an evening to connect. Each evening has been very **healing, connection, and networking** - please **invite all your women friends** to come join us. We usually start the evening off with a brief meditation, drumming - Virtues Sharing Circle - pulling a Virtues Card and introducing ourselves - last time we had Ann Rosemary Conway read to us from her new book - On Sacred Ground: Malta' - Goddess journey - it was beautiful, and we also had Sequoia sharing about the Mayan Prophecy and her upcoming workshop - so this is an opportunity to share yourself and what you are passionate about. We also had Ursula bring some of her crystals and beautiful jewelry and Melanie to share her wisdom of astrology with us. I would love to see this group continue to grow such that we always have a place to come to as my purpose is "Women Inspiring Women Worldwide" and I am the **"Goddess of Connection"** as I have been told several times - this is an amazing opportunity to come connect..... I look forward to creating the sacred space and if you would like to contribute to the circle please feel free to let me know - ex: meditation, 10 minute talk - exercise etc. - ???Love Gail/Layla

Goddess Playday - Drayton Valley, Alberta - November 29



My Family (Mellissa, Zola - Shelley's Daughter & Granddaughter) Lorie the youngest - then Shelley - middle - Gail, (me - the oldest) then my Mom - Vickie and her Sister, my Aunt - Betty - at our First Alberta retreat - I am blessed to have such awesome women in my family. **Mothers, Daughters, Grandmothers, Aunts, Sisters and Girlfriends** - November 29th - 10:00 am - 5:00 pm - Westwinds Motor Inn - \$50 Person - \$20 ages 12- 18 - Join us for a fun day of play..... Tanya and I are going home to Drayton Valley, Alberta (1 hr from Edmonton) to have an early Christmas with my family -

so this is an opportunity for us women to come together and have fun - my whole family as well as several other women in the community to bring their families together to play. We will be having **Mini Workshops, Spa Pampering, Lantern Making, Vision Boards, Writing Exercises, Mini Tarot Sessions - Healing Modalities and Plenty of FUN** so send any family and friends our way.....

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