

## Greetings!

Ladies We just completed another amazing weekend, I am truly inspired by the magic of who comes together and the connections that are made. Our Ladysmith retreat was very special "lucky #7" there were 7 beautiful goddesses together on a special "power animal journey" and we had such a great adventure.

**Well my ticket is bought for Australia - "Women Inspiring Women Worldwide" is ready for our first International retreat - February 22-24, 2008**

**- Perth Australia - please pass on to any Aussie Goddesses .....or let me know of any great connections there....** The next **Edmonton, Alberta retreat will be June 6-8, 2008** we already have a great line up of speakers and participants. I am having so much fun - who else gets to do a retreat every few months...I know I need a break so I am sure many of you women are ready for a girls getaway as well - so nurturing....

Join us - **Nov 23, 24, 25 - Sooke** - 5pm Friday - 2pm - Sunday \$275.00 Early bird special - **"Reflection by the Sea"** - at Blackfish B&B - Guest Speakers: **Jan Spurrill: Spa Pampering PJ Party , Elyse: Raw Food Demonstrations, teachings and Samplings.** See other speakers featured below: Includes: meals, accommodations, guest speakers - activities - healing modalities extra - imagine being nestled in a room of women overlooking the ocean in Sooke as the waves rushing in, sipping a cup of tea with great conversations and lounging in our PJ's - quiet time out and spa pampering - wow - I can hardly wait....limited space - sounds like heaven to me....come join us.... Here is the latest **Ladysmith retreat group photo** - Jan and Elyse are on the right - Jan standing at the back and Elyse in white in the front.. you really won't want to miss Sooke - we have so much fun planned - not even sure how to fit it all in...



Namaste Gail Hull

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Rosanna from [www.wolvesdenhealing.com](http://www.wolvesdenhealing.com) - **will be leading us in a letting go exercise at the fire pit on the beach in Sooke.** All of us at the Ladysmith retreat this past weekend felt so blessed by working with Rosanna as she took us on our **"Power Animal Journey"** she is such an inspiration and we all enjoyed her passions and connections to the wolves and learned so much from her. We are pleased she will be joining us again in Sooke. Rosanna Ienco Barned is a Shamanic Practitioner, Certified Soul Coach and Past Life Coach, personally trained by Denise Linn. She is also an Angel Therapy practitioner and Medium, certified by Doreen Virtue, PhD. Since childhood, Rosanna was able to connect with the spirit world. Being very sensitive this would often frighten her. It was in her twenties that she finally embraced her gift of strong vision. Her spiritual journey of self discovery had begun, taking her to many exciting places and connecting her to different cultures from all over the world. It was Rosanna's strong connection to her power animal that changed her life, when she was put in a potentially dangerous situation. Since then she has devoted herself to fulfil her life's purpose and to help and guide others with their mission. To hone her skills, she trained with the Foundation for Shamanic Studies and the Scandinavian Center for shamanic studies. Her strong message is "Keep your Dreams Alive".

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## *"The Passion Test" - Lorraine Jordan*



**The Passion Test** - Facilitated by Lorraine Jordan. We are very excited to have Lorraine join us - with today's buzz of "finding our Passion and Purpose" in life - we are looking forward to the tools we will learn through this very experiential workshop.

**HAVE YOU TAKEN THE PASSION TEST?** "When you are clear, what you want will begin to show up in your life, and only to the extent you are clear." (Janet Bray Attwood, co-author of the Passion Test) Passions arise from your heart, not your head. They light you up! The Passion Test offers clarity, which is the first step in creating anything you want to have in your life. This simple yet profoundly

effective test will uncover your personal secrets to living a life on fire! Want to wake up every day excited about your life? The Passion Test will show you what you need to bring into your life to make that a reality. This workshop will help you: - Identify your top 5 passions - Score your passions - Create markers which let you know when you are living your life aligned with your passions - Discover your life purpose - Create more balance in your life - Attract more abundance in every area of your life - Feel more energized and empowered. Passionately presented by **Enlightened Escapes for the Heart and Soul** 250-339-4639

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## *\*\*Empowerment through the Feminine Divine\*\* --Freya*



**\*\*Empowerment through the Feminine Divine; Facilitated by: --Freya** - As Goddess Women we seek to reclaim ourselves and the Goddess in today's world. We seek Empowerment through the Feminine Divine but oftentimes life circumstances force us to ask ourselves just how is it possible to maintain a close relationship with the Goddess throughout our busy schedules? What are the spiritual tools available that enable us to stay connected? Followed by this discussion is a guided meditation; **"Connecting to our inner Goddess through meditation"**. During "Options" time Freya will offer: **\*\*Hot Stone Foot Reflexology Sessions; ( 30 min sessions )** Gentle Foot Reflexology sessions utilizing smooth, heated volcanic stones. A deeply soothing, and very relaxing form of

Reflexology and/or **\*\*Short Rune Readings ( three stone reading, by donation 15 and 20 min each.)**

Freya is Mother HPS and founder of Sisters In Freya's Moon ~ Womyn's Path of Healing and a circle leader with Women Wisdom (Women's Rites of Passage course).  
[www.sistersinfreyasmoon.com](http://www.sistersinfreyasmoon.com)

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## *Full Moon Goddess Meditation - Ana La Rai*



We are pleased to have the opportunity of having Ana La Rai Facilitate a **Full Moon Meditation on the beach by the fire in Sooke** - I am sure this will be a very powerful, healing event as us women gather together on this full moon evening. This is such a gift as Ana La Rai is a Water Healer - [www.wavesofcreation](http://www.wavesofcreation.com) or [www.water-consciousness.com](http://www.water-consciousness.com) "The anchoring of true self, my God Presence, and my earth mission began when I committed to becoming a Water Healer. During the retreat I anchored my first light body in an unforgettable experience of bliss, love and joy. As I continued with the process and earth service, I received tools, procedures, love and support to heal my own wounds, from

Dr. Corredor and the Hosts of Love and Light. It has been a journey I could never have imagined!" After graduating as a Water Healer, I took my 'MutMaatRa training' and graduated at the Maui retreat in 2004. My Masteries include: Channeling the Ascended Masters and other Hosts of Love & Light; Light & Lovebody Healing Facilitator; Specialist in "Balanced Male/Female Partnership"; Specialist in "Healing Eyes" Healing individual and planetary "Love Crystals", Anchoring new love/light tools and procedures for Healing the Lovebody of humanity, Teacher/MutMaatRa, Emissary of Love & Joy.

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