

# Wisdom Within Workshops & Retreats Newsletter

Women Inspiring Women & Goddess Retreats

January 2007

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## Greetings!

HAPPY NEW YEAR - I am very excited about 2007 for many reasons - to be on this planet at this time with all the miracles happening around us, for turning the "BIG 50" - February 24th - I am very excited to have had such an amazing adventure so far and I am really looking forward to creating the next ? of years of my life. I am taking on **"THIS IS IT"** even when it doesn't look like it - ex: like 3/7 days in cuba with my husband were cloudy and windy and cut out the tanning and beach time -or the snow in Victoria - etc. (what's your -this isn't it???? and can you be ok with THIS IS IT? I am very excited that my business is called **"Wisdom Within"** as I feel we are at that time in history and in most of our lives it really is time to go **"within"** even to new levels we dont know - as we all have our own answers and all it takes is slowing down long enough to listen. I have grown in so many ways over the years - and feel like I am just beginning at the same time. I am also taking on **"asking for support"** even in the areas I know what to do - (I joined Weight Watchers as a support system to keep me on track with my nutrition) - I have asked some women to support me in my business with sharing the Women's retreats with others and expanding my Vision of women coming together to rejuvenate themselves as I notice what a difference the retreats make in my life and others. It really is time to come together to support each others DREAMS - I would love to support you in yours so come share yours with us...I am excited about discovering more about the "goddess within me" that wants to play, be sexy, laugh and cry and share my dreams...I invite you to come explore your "goddess within" with our amazing team...

We will start with dinner together Friday night, then our sharing circle - getting to know each other - Saturday morning starts with Nia - then breakfast - "Willpower Workshop" with Valerie Stanley Jones - workshop - by Marilyn - lunch - options time - for modalities - painting our wine goblets - and walks in nature. Saturday night is our "Goddess Gala Dinner" where we get to get dressed up - followed by a chocolate fondue and goddess gift exchange - what more could Goddesses want? followed by a fun

evening with Marilyn Singing and Inspiration. Sunday morning starts with Nia then Vivien will guide us in creating a mandala - collage followed by a completion circle with Gail - then lunch - say our goodbyes.... We are waiting to hear if our "Godess Sasha" will be joining us... as she is off on an amazing journey and not sure where she will end up....

Join us for an Extraordinary Weekend **March 23-25th 5pm Friday - 2pm Sunday at Lake Cowichan Guest House** - - There is limited space available so reserve your spot ASAP - **\$325 or \$275 Early Bird Special** - this includes: meals, accommodations, mini workshops, plenty of fun and creativity and awesome connections. Healing modalities such as tarot, massage, reiki etc nominal additional fees apply. Due to limited space you will not want to wait long to register as there was plenty of interest in the last retreat from women who couldn't make it - so give yourself a "GIFT" a weekend with amazing women and plenty of nurturing to go around. If you want to offer any healing modalities please contact me ASAP we still have some space available.

Gail Hull



*Financial Explorations Workshops & Coaching in Victoria*



Gail & Bruce Hull - Have been leading Financial Exploration Workshops for over 7 years - and have led them in Los Angeles, Portland, Vancouver and Victoria - and have had amazing results in working with people to have "breakthroughs" with their financial situations.

IF you are ready to take on the "game of money" and getting what you want, you won't want to miss one of the workshops or coaching we have available. We have Saturday workshops - 9:30 am - 5:00 pm - \$50 for the day regular price \$100 - and couples workshops \$100 per couple - maximum 4 - 5 couples at a time. This is a limited time offer as regular prices are \$100 per person. Are you at where you want to

be financially? As women one of the most challenging aspects we face is our financial situation in this time of more is better. Have you examined what you say about money? eg: "I'll never have enough, no matter how much I make I spend more. I'm not good with math or numbers, I don't even know where it all goes?" Did your parents or teachers educate you on how to have your money work for you? Were you a saver, scared you will loose it all? Are your RRSP's going to be there when you need them? How do you know where to go to learn about money and who do you trust? "Robert Kiyosaki - author of Rich Dad Poor Dad, emphasizes how we need to increase our financial intelligence so we can make smart choices for ourselves." Are you ready to take on your financial situation, no matter where you are at right now, and have freedom with money? If so, check out [www.wisdomwithin.ca](http://www.wisdomwithin.ca) Financial Explorations Workshops and take action on having what you want in life. I personally went from living in a 20' motorhome to owning an ocean front condo of my dreams and I am committed women really get clear what they want and show them how they too can have anything they want. This workshop is a must for all people especially women. Whether you choose the day workshop, couples workshop or ongoing 3 month coaching - if you are ready to get support in the area of your finances -we are here to support you in winning the "Game of Money"...

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*"Marilyn Rose" - Singer Songwriter - Inspirational Speaker*



Saturday night is always a special night at the retreats - this weekend "Marilyn Rose" my good friend since grade 7 from Alberta will be rejoining us to share her gift of music, songs & stories! Marilyn joined us last summer while she was touring across Alberta & BC singing and participating in the Canadian Cancer Society Relay Life fundraiser events. She wanted to raise money and awareness of the need for more Cancer Research, especially around alternative medicine, as she lost both her mom & sister to Cancer. Marilyn is a Registered Social Worker and she uses her music, stories and life's experiences to inspire people to move forward and enhance the quality of their lives. She has a consulting company "Spirit Whispers" and this weekend will also be facilitating a mini-workshop called "What on Earth am I doing Here"?. Through a "sharing circle" format Marilyn will invite you to share in "having a conversation" about reconnecting with yourself on a spiritual level and being guided to live your life's

available for sale, as well as three other single song CD'S. She is truly an "Inspiration" to us all.. We will also have other singing engagements with Marilyn while in town - so if you are interested in locations please let me know....

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### *Nia - with "Goddess Karen Boissonneault" -*



Karen Boissonneault, BSc(kinesiology) and Certified Blue Belt Nia teacher (I am so glad to have Karen join us once again! She is so INSPIRING and PASSIONATE about Nia, that we not only learned, but had so much fun with her gentle way of teaching us to move our bodies passionately). What is Nia? Nia - Neuromuscular Integrative Action - is founded on the concept that there is a dancer, martial artist, and highly aware person within you. By melding concepts from 9 classical disciplines together, Nia sets this person free. Nia is a worldwide fitness movement with over 22 years of technical advancement. It is the first, and the most advanced, form of fusion fitness. It encompasses the martial arts, the healing arts, and dance arts. This combination creates a synergy that no isolated technique can match. Nia is revolutionary, replacing the idea of punishment with pleasure. Nia advocates doing things the easy way instead of the hard way. Nia is to exercise what holistic medicine is to health care. Nia is movement as medicine. Nia is a cardiovascular program that uses whole-body, expressive, grounded movement, rather than repetitive jogging or lifting. Nia is adaptable to every level of fitness, every age and type of body, even those with special limitations. Nia is effective and joyful! [www.niac.ca](http://www.niac.ca) to see in motion video

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### *Mandala Workshop - collage -with "Tahitian Goddess Vivien"*



Join: Vivien Evans - my (sister) as we have been friends for over 20 years and she has only missed one or two retreats - she is such an inspiration and I am glad to have her on my team - she is our awesome cook - (with our help) - our artist with an art degree - she can inspire us through mandala - collage - and wine goblet painting - she also offers tarot readings ....and is such a treat to be around - you will love getting to know her as I have - and to watch her growth out of each retreat is truly a blessing....

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### *Why Willpower Isn't Enough - Valerie Stanley-Jones*



Have you ever been determined to not get upset – but you do, or that you're not going to let something stop you –but it does? Remember deciding when you were younger that you weren't going to do certain things the way your parents did – only to discover yourself now doing those very things years later. If it feels like you have a remote control button in your brain that just takes over at times, regardless of how determined you are or how many promises you make, you're not alone. Have beaten yourself up in the past for not having enough willpower? –Well STOP! The odds really

good news is that there is nothing wrong with YOU –see if you can't realize it's just that you have a very powerful brain that knows how to run programs! It's the program that's 'faulty' not you -**There IS something YOU can do TO CHANGE THIS** Come, take part in, and enjoy the presentation by Valerie Stanley-Jones. Leave with a new respect for yourself and new skills that you actually use in your everyday life.

About Valerie Stanley-Jones - Author of Language of the Subconscious Motivational speaker for the Provincial Government Founder of Rapid Results Regression Therapy® Runs a Registered Private Post Secondary Training Institute in Rapid Results Regression Therapy® and in Language of the Subconscious - Has a full time R.R.R.Therapy practice in Victoria, with clients coming from across Canada and the United States to benefit from her rapid results process- Through her specialized form of therapy called Rapid Results Regression Therapy®, Valerie Stanley-Jones enables people to access the subconscious part of their mind, in order to go back into their past and understand and permanently change unwanted repeating patterns, health issues, allergies, self- sabotage, and traumas. [www.mindpotentials.com](http://www.mindpotentials.com)

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