

Greetings!

Ladies: **UPDATED NEWSLETTER - New and Exciting changes** - yes we have changed locations no more camp cots, real beds in a comfy home setting in Youbou at Lake Cowichan. We will be pampered at www.cowichanguesthouse.com and have a very special space to relax and nurture ourselves. So if you have been to one of the retreats before I invite you to check out the new space, if not this may be what you have been waiting for. **The space is limited and you won't want to miss this offer, \$300 or \$250 by August 31 - Includes: meals, accommodations, mini workshops and activities with plenty of fun.**

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Healing modalities available for nominal fees paid to the healers: Gail Rooney - will be offering a foot detox and chi energy balancing session for 55 min for \$25 special reduced price for this weekend. Gail has a detox and de-stress spa in her relaxing home in Sidney with the most amazing massage chair and infrared sauna as well. You won't want to miss being pampered by her - I can hardly wait to go again. **Bernice Hawthorne** - will be offering Laser Therapy if you have any aches and pains - awesome for arthritis etc. (the other day at work I mentioned I was in so much pain at my acupuncture treatment that day and a co-worker mentioned her mom goes to laser surgery - I was all excited as I have frozen shoulder and the next day Gail Rooney called me and said Bernice wanted to join us - well if that isn't law of attraction - I'm not sure what is - WOW 24 hrs to create what I was looking for - I can hardly wait for my session in the next week or so). **Deb** will be offering shiatsu, **Viv** will offer Tarot and angel cards and healing touch **Sasha** will be offering Massage and Tarot. **Karen** will be leading us through NIA - which will give you a whole new outlook on fitness and exercise with ease **Nancy Campbell of Small Deeds** will offer a Virtues Sanctuary and the opportunity to learn more about the Virtues Project, and the healing that can occur by practising the Virtues daily. Available at the sanctuary table will be the wonderful new set of 100 Virtues Reflections Cards, CD's, Virtues Books, and small deeds organic teas...all meant to illuminate our path to true peace and inner abundance. We will also have **Johanna St. Michaels - Decodent Dezigns** - my graphic designer and Website designer joining us with her mom - So ladies bring extra cash for any sessions you may want to do - I am sure you will get there and really want to be pampered. **I am really looking forward to supporting each other in our PASSIONS and being PAMPERED. Also there will be free time to enjoy yourself at the lake; meditate; relax and fill up your soul, take a walk, read a book, collage whatever it is that you need for YOU. Great Food, Friendship and FUN awaits YOU.**

We will be enjoying our special "**Goddess**" dinner in our goddess gowns - and passing along a special Goddess gift to another goddess. Also we may have sharing time around the firepit. This will be a very healing and fun weekend and time out just for YOU. So come and let the diva and goddess within come out and play. **Please pass along to any other goddesses you know. I look forward to connecting with each of you.**



"An unexamined dream is like an unopened letter." Carl Jung In this two-hour introduction to dreams workshop participants will briefly explore a few theories about why we dream and the meaning of dreams. Later, each woman will share a dream (optional) that she has had in the past year. Afterwards, participants will be invited to create a collage from magazine images that will help them to further explore the meaning of their dream.

Diana Kucharska Moon has developed and facilitated women's groups for fifteen years. She has facilitated many inspiring groups including: Endings and New Beginnings for women healing

from broken relationships; Loneliness and Connection; Older Women and Friendship; Finding the Ideal Lover; Finding a Deep Connection to Self, Reclaiming Menstruation and others. Her workshops are fun, interactive and uplifting. Diana hails from Toronto where she lived for 14 years before realizing her personal dream of living in BC just two years ago. Diana loves the island and considers all the women she meets to be island treasures. Diana has an MSW from Carleton University where she specialized in counselling and community development with "marginalized people". In Toronto she worked with homeless people for many years. Diana also co-founded several groups for women: the Friendship Club for street women, the Gay Old Gals for Lesbians over 60, and the Chick Peas, a cooking and social group for vegetarian wannabes. Diana has also received specialized training in working with women's groups from the Women's Counselling and Referral Centre. She has passed on group skills to many non-profits, where she has trained facilitators to run their own groups.

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GODDESS GALA



"Goddess" - what does that mean to you? My experience of Goddess is Sasha (picture). She is the most healing, nurturing, peaceful, powerful, creative and inspiring young woman I know. She is a natural healer as several women who have attended past Goddess retreats, have attested to. You will feel blessed just being in her presence. I am truly honoured to have her participation and contribution at the retreats. She has taught me more in the past few years about opening my heart and unconditional love; she is so wise for her 26 years and truly an INSPIRATION to us older women at the retreat. Sasha offers massage and tarot. My intention of the Goddess image at the weekend is to **discover the BEAUTY - FEMININE - COURAGE - POWER - PASSION and PLAY - WITHIN.** We have fun with the Goddess image throughout the weekend by choosing a goddess card or name to emulate for the weekend, IE "goddess of love" and designing our

personal "goddess goblet" to enjoy a glass of wine at our "Goddess Gala". This is a special dinner where we get to dress up in our favourite goddess gowns. We also have a gift exchange of passing along a special gift to another goddess - it is amazing how we all get the perfect gift.

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NIA

Karen Boissonneault, BSc(kinesiology) and Certified White 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 learnt, 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 **TESTIMONIAL:** I want to thank you, Gail, for the wonderful, nurturing, inspiring weekend and the opportunity to present Nia to the participants. Spending two days being in a family of women-- that's what it felt like--allowed us all to give and receive; to play, laugh, cry and learn together. I so enJOYed the rural setting and the delicious food, as well. You create a space where women can be relaxed and be themselves; a space where women are drawn naturally towards their most fully- expressed selves. A few days after returning home I experienced a blissful, breakthrough day. So many tasks that had seemed difficult became easy to do! Please include me in your next Women Inspiring Women weekend; it is a gift to myself that empowers me towards my best life and allows me to rest gently in the company of women. Karen Boissonneault

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VIRTUES SHARING CIRCLE



Nancy Campbell is an educator, businesswoman, community and environmental activist, plus a skilled Virtues Project Facilitator, workshop and retreat designer. She will lead us through a Virtues Sharing Circle which can be a very sacred and empowering experience. that will leave us INSPIRED. She will also be bringing a few sets of Virtues Cards. I am very excited Nancy is joining us and know this will be an amazing experience. The Vision of The Virtues Project is to serve humanity by having an empowering global impact on the moral and spiritual development of peoples of all cultures, by helping them to remember who they really are and to live by their highest values.

This is as an example of one of the Virtues: HUMILITY: Being humble is considering others as important as yourself. You are thoughtful of their needs and willing to be of service. You don't expect others or yourself to be perfect. You learn from your mistakes. When you do great things, humility reminds you to be thankful instead of boastful. You are practising Humility when you... Consider the needs of others as important as your own. Apologize and make amends when you hurt others. Learn from your mistakes and change for the better. Ask for help when you need it. Are doing your best just to do it, not impress anyone. Are grateful instead of boastful. Affirmation: I am humble. I do not judge others or myself. I value my ability to keep growing and learning. © 2002 Virtues Project International Inc. All rights reserved. www.virtuesproject.com