

Wisdom Within Workshops & Retreats Newsletter

Women Inspiring Women/Goddess Gathering

July 2006

Greetings!

Ladies -once again it is time to "Come PLAY, NETWORK, RELAX and meet new FRIENDS"

Septmeber 22-24th our next "Women Inspiring Women/Goddess Retreat" As the trend of Women Getaways is really growing - when would be a better time to connect in circles of women - there can never be too many women coming together - as a matter of

fact it is crucial at this time in our lives - to be nurtured by each other - inspired to be the best we can be - to contribute our talents and passions to others. I have been bringing women together for the past 3 years and each weekend has been a magical experience for women. The main focus is taking time out just for **YOU** - to fill up your soul and reconnect with yourself - play - laugh - share - learn and LET GO. Recently I have listened to the CD and story of the "Red Hatters" for women over 50 - they really know how to have FUN - it is amazing to see all the different groups of women coming together - we are at an amazing time in life where we can find circles of women gathering worldwide - and the sharing, fun and friendships made are MIRACULOUS - I am honoured to get to do what I love best - bringing women together for miracles to occur. Please join us for an adventure you will never forget and bring your friends, mothers, daughters and sisters with you on this magical journey. **\$325/250 Early Bird Special - Includes: Meals, accommodations, speakers - Hazardinia - team building challenge and activities. Healing Modalities extra.**

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Gail Hull

WOMEN INSPIRING WOMEN



NETWORKING OPPORTUNITY Ladies - it is my intention we support each other in our businesses and passions - there are so many women entrepreneurs out there trying to make it on their own - as we know RELATIONSHIPS build our business and it is important to ask for support as well as let others know what we do and what we are a resource for - let us know what you do and what support you need. This is an opportunity

to contribute to others - meet new friends - have fun - share your dreams and your fears in a safe space. If you are still discovering your passion this is the perfect weekend to listen, learn and discover what "lights you up". We also have the opportunity to collage our "vision boards" - What we really want in life - and it is amazing how fast it shows up once we are clear what we WANT and put it into existence. **My VISION** is to bring women together in a safe space for them to be themselves - let Go of all concerns - allow themselves to be nurtured and healed - put themselves FIRST - and TRUST themselves by listening to their hearts what is important to them. It is very important to take time out for ourselves and by you being there you help fulfill my vision - and me yours - so I look forward to connecting with each of you that join us for an amazing weekend.

If you have a passion you want to share with us please let me know and I will include it in the weekend schedule. If you want to offer any healing modalities such as reiki, massage, tarot, astrology etc we have "Options" time on Saturday where women sign up to be pampered or coached etc. there is a nominal fee paid to the healer.

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GODDESS GATHERING



"Goddess" - what is that 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 have attested to that have been at our past Goddess retreats - you will feel blessed just being in her presence - I am truly blessed 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. My intention of the Goddess image at the weekend is to discover the BEAUTY - FEMININE - COURAGE - POWER and PLAY - WITHIN. We have fun with the Goddess image throughout the weekend by designing our personal "goddess goblet" to enjoy a glass of wine with our "goddess gala special dinner". We also pick a goddess card and choose a

goddess name to emulate for the weekend - we can BE who we want to BE -
"goddess of love"

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"Nia" - a fusion of martial arts, dance and healing.



Karen Boissonneault, BSc(kinesiology) and Certified White Belt Nia teacher ->(I am so glad to have Karen join us once again - she is truly INSPIRING and PASSIONATE about Nia and we all 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 and a skilled Virtues Project Facilitator and 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 bring a few sets of "Virtues Cards" - this is one of the past Virtues as an example - 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.

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

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