

## Wisdom Within Workshops & Retreats Newsletter

SPRING - NEW BEGINNINGS

April 2006

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### Greetings!

Ladies I am so excited about Spring being here and NEW BEGINNINGS, I am now 49 and feel like I finally GET IT! I feel like everything in my life has finally clicked all the Personal Development work I have been doing since 1986 which brought me to the point of "Wisdom Within Workshops & Retreats". I have been incorporating several things in my life over the years - fitness, nutrition, boundaries, loving myself unconditionally, partnership with my husband, communication, finances etc and after turning 49 realizing I have 1 year left to the BIG 50 - (when I would truly like to do what I want when I want and feel and look my best) I finally feel BALANCE in all of my life areas at once. MENTAL - I am learning so much about nutrition - eating "RAW and LIVE Foods and other areas of my life - PHYSICAL - I am working out because I WANT to EMOTIONAL - no mood swings SPIRITUAL - I have been listening to everything from the library - ZEN/ BUDDHA/CHRIST and meditating daily FINANCIAL - I am working 4 days a week at a job with great benefits - our stock portfolio is soaring big time So yes BALANCE is happening - one good measure for me is I have to INSPIRE myself to INSPIRE others - that is why "Women Inspiring Women" retreats are truly my passion and I love this journey and know it is only going to accelerate. I want to thank all the women who have participated with me on this JOURNEY of my "**Wisdom Within**" - I have learned so much from so many women - I have been INSPIRED and have INSPIRED others - I have made mistakes and have learned from them, I have had expectations and so have others - some met - some unfulfilled but it has been a truly amazing journey so far. I know part of me is "Selfish" and I organize the retreats for my own well-being as I know when I come home after one of the weekends my heart is open, vulnerable, peaceful, excited and know that I have contributed to other women's well being. I have truly been blessed by attracting top quality speakers, healers and participants who just let go and give freely of themselves all weekend long as we create the space together - magic truly happens, for this I know I am truly blessed so I thank you ALL -even if you have only ever read the newsletters, shared them or even had the thought about joining us and

didn't, I am glad our paths have crossed in some way. I invite each of you to look in your lives at what area you would like to take on to make your life more healthy, enjoyable or prosperous. I am sharing this as we all need Inspiration now and again - and truly each have something to share with others - that is why I would love to have you join us for our next **"Women Inspiring Women" retreat June 9-11th. Please pass this on to all the great women in your life who are ready for a MAGICAL weekend. I look forward to connecting with you.**

Love Gail Hull

## *"Women Inspiring Women" Retreat June 9-11th*



This is the retreat you or your girlfriends, mothers or daughters won't want to miss. We have a very special weekend planned to Inspire and Nurture you. The weekend starts off with **Friday** getting settled in to your cabins - meeting your new friends - enjoying dinner together 6:30 - gathering in a circle for "meditation" getting centered and relaxed - sharing who we are and what brought us here - connecting. **Saturday** will start with "Nia" (see below) - Breakfast - "Emotional Fitness" mini workshop with Grace Gerry make our "Goddess Wine Goblets" - Lunch - Hazardinia - Team Building Challenge - in the magical forest - - Special "Goddess" Dinner - where we get to dress up in our goddess gowns - (whatever that looks like to you) enjoy wine -or non-alcoholic drink in our "goddess goblets" participate in a gift exchange (something special you would

like to pass on to another goddess) Special Guest "Marilyn Rose" singer songwriter storyteller will share her music and stories with us. Finish the evening off with Barbara performing a **hula dance** for us and teaching us a few moves and shaking our hips together. **Sunday** morning we have yoga -Breakfast - "Carole Clement" leading us through a "Life Mandala" mini workshop - Completion Circle - Lunch - pack up and say our farewells. I know it sounds like tooooo much fun....so you won't want to miss this one. For all of you who really want to come and have been putting it off for whatever reason I invite you to **jump in NOW** as this is the only retreat scheduled for this year. Includes: Meals, accommodations, all activities, mini workshops and plenty of fun. **ONLY \$325 or Early Bird Special \$275 by May 9th - More details below and on the website.**

[Read on...](#)

## *Grace Gerry - "Emotional Fitness"*



**"Emotional Fitness"** – Stress Reduction Techniques For Busy Women with Grace Gerry, CPCA (Canadian Professional Counsellors Association) Graceful Solutions. Are you longing for a safe space to slow down, reconnect with who you are and what is important? Are you tired of giving to others while your own needs get lost in the shuffle? Whether you want to make a change, debrief a stress or reach a goal, this "Emotional Fitness" workshop will inspire and support you to move forward in your life. Find out how to regain your natural state of emotional fitness which is relaxed, confident, smart, decisive and loving, by offloading the emotional tensions that make you

worried, upset, cranky, tired, trapped, voiceless etc. Grace will guide you to reconnect with the issues closest to your heart and inspire you to open new pathways that reflect your deepest self. You will learn simple skills to offload emotional frustrations so you can return to your life refreshed, relaxed and focused again. Grace Gerry has 25 years experience of social work, counseling and facilitation. She specializes in improving the lives of women in professional careers that are emotionally demanding, with one to one coaching, groups and workshops.  
www.gracefulsolutions.ca

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*Carole Clement - "Your Life Mandala"*



CAROLE CLEMENT will lead an introduction to: **YOUR LIFE MANDALA (c) MANDALA** in Sanskrit means Sacred Circle. In this Circle, guidance, healing and miracles happen. From it, Light shines to reveal your magnificent, divine Self. - Learn to create your own symbols from dreams, collage, sounds, etc. - Discover your power animal/guide. - Integrate your own personal mythology and come home to your unique Healing mandala. \*Carole Clement is a professional speaker, a certified Rebirther, Yoga Teacher, artist, writer and gardener extraordinaire. Check her website at: www.yogalife.ca "Almost

every culture has evolved unique mandala symbolism" - (Christian stained glass Rose, Tibetan Sand Mandala, Jewish Tree of Life, First Nation's Medicine Wheel, etc) "and mystical rituals for experiencing divine inner realities. However different the appearance and names of these sacred practices the underlying mystical truth revealed in them is universal and inclusive: to experience wholeness and ultimate healing you need to realize that you are the immortal divine light -contained within the vessel of your physical body." Judith Cornell.

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*Marilyn Rose - Singer Songwriter travels across Canada to Support Cancer Rally's*

**Have cause, willing to travel**

■ Singer set to cross country to help fight against cancer

By Graham Long  
graham@news.com

Marilyn Rose is hoping to cross Canada this year to touch the lives and raise the spirits of those who are affected by cancer, and she's looking for a little help to make that journey a success. Rose, a former long-time resident of Drayton Valley who still has family in the area, is an inspirational singer and songwriter. Since the deaths of her mother and sister due to lung cancer, Rose has taken part in the Canadian Cancer Society's Relay for Life and performed at survivors' banquets in Edmonton and Grande Prairie. She's now planning to take that show on the road on what she calls the Angels

Together tour. Rose plans to cross the country garnering media exposure for the campaign against cancer on the way. As she does so she'll perform songs from her CD *Spirit Whispers*, along with a special song, *Angels Together*, which she says aims to bring a sense of pride and peace into the lives of cancer survivors. Relay For Life is a 12 hour relay event run by the Canadian Cancer Society. Teams of 10-12 people takes turns walking or running about a track to raise money to fight the disease. In 2005 more than 25,000 people took part in communities across Canada, raising close to \$6 million.



MARILYN ROSE will take music from her latest CD on the road in support of a good cause.

support I'll go right across Canada," she says. Rose estimates she needs to raise a minimum of \$15,000 to make the trip a reality and she's hoping for corporate support. She intends to travel by motor home and is looking for help in paying

Saturday night is always a special night at the retreats - this time "**Marilyn Rose**" my good friend since grade 7 from Alberta will be joining us to share her gift of music and songs. She has lost her mom and younger sister to cancer and is going on an across Canada tour to rally for cancer. This is an article in the paper from our home town - Drayton Valley, Alberta - for a better copy please let me know. You may want to share this with other women who have had cancer or know someone who lost someone to cancer. Last year she did a private concert at my home. We were moved to tears as she shared her songs and stories with us. I play her song "I Surrender" at the end of my retreats, off her "Spirit Whispers" CD so I am very excited she will be joining us in person! - "Let's Go the Distance" was written for the Canadian Paraplegic Association by

Marilyn. She is truly an "INSPIRATION" to us all! Her CD's will be available for sale as well.



Join Karen Boissonneault, BSc(kinesiology) and Certified White Belt Nia teacher - Inspiring and graceful - I have known Karen for about 3 years and have attendend one of her Nia classes - she is very Passionate about what she does and I know she will inspire us to new levels with her introduction to Nia. **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)

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