

Wisdom Within Workshops & Retreats Newsletter

February 2006

Greetings!

Happy New Year and Happy Valentines Wishing you the best for 2006 - $2+6=8$ and 8 is Balance in my Voyageur Tarot Cards - so I have decided to focus on Balance in all areas of my life this year. For women especially it is really easy to get out of "Balance" with our busy schedules. What is "Balance" for you? Time to nurture and pamper yourself? Play in the park with kids? Watch a Great Movie? Read a Book? My Balance is enjoying a walk around Thetis Lake connecting with nature and a friend or my husband, enjoying my new camera, capturing the frost on the trees in Alberta at my parents - even though my fingers were numb I still kept clicking - hanging out with my girlfriends enjoying great food and wine and enjoying the stillness of watching the birds while I have coffee on my deck overlooking the ocean. Without Balance, self love and self care we are not doing anyone else a favour as we are not living our highest potential as we all know. So for Valentines remember to Love yourself First - and do something special just for you.

If you are looking to put "Balance" in your life this year - I know you will find "You" at one of our next retreats. The weekends are designed for you to connect with yourself "Wisdom Within" and to feel nurtured by other women while relaxing in nature. You deserve to put you #1 and take a weekend out for you - I really love to provide a safe space for women to come together to play, connect and rejuvenate so I hope you can join us.

This year I am only scheduling the 2 retreats so if you want to join us choose which one lights you up more "Goddess" or "Women Inspiring Women" I am still creating the weekends and so far they are amazing but I wanted to give you a heads up of the dates as I have had several inquiries when the next retreats are coming. If you are interested in being a presenter, offering healing modalities, sharing your gifts please contact me. I look forward to connecting with several new women this year and inviting past participants back to play.

Gail Hull

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"Goddess Retreat - May 5-7 2006"



Calling all Goddesses - Where are you? Join Sasha and I - a 25 year old "Goddess" she is such an Inspiration and shining example of "goddess energy" she is truly a gift in my life, she does reiki, massage, tarot, and guided meditations, and is so Present and peaceful - such a delight to be around, you will be inspired getting to know her. When is the last

time you took a weekend away to access that feminine powerful woman within? This may be your perfect opportunity to come play, rejuvenate, be creative, explore the magical land of Narnia where the wizards live, access the goddess that calls to you, Aphrodite, Artemis, Diana? Which goddess do you connect most with? Come spend time in nature on 100 acres of beauty and peacefulness a place you will never forget. Enjoy meeting new friends, networking with other women, sharing your passions and leaving all your worries and cares behind. This amazing weekend will leave you nurtured and inspired.

Get dressed up in your favorite goddess gown for a special Saturday night dinner, create your own "Goddess Goblet", play the Go Goddess Game, let the kid in you play in the magic forest during the Hazardina Team Challenge, start the day with yoga and end the evening with Hula - led by Barbera coming all the way from Pt. Angeles - to let the "goddess" within come out and play. Enjoy a massage, Tarot reading or other modality during our options time for a minimal extra charge - discover the Goddess Within that is ready to Express herself.... This is a weekend you will not want to miss. **\$350 Early Bird \$295** Includes: meals, accommodations, mini workshops, Hazardinia, yoga, hula and plenty of fun....

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"Women Inspiring Women" June 9-11 2006



Women Inspiring Women retreats are designed for women to come together to connect with other amazing women, acknowledge and discover more about ourselves, nurture and honour ourselves and to put ourselves first and take "ME" time out from our busy lives. During the weekends we get to share our passions or discover what they are - participate in usually 3-4 mini workshops - have fun on the Hazardina Team building challenge course, let our creative side play and enjoy healing modalities such as massage, reiki, tarot, astrology etc. Take time to reflect "Wisdom Within" and to spend time in nature connecting with ourselves, leave "INSPIRED" to put in

structures that nurture ourselves daily and remember to take ourselves lightly and play more often. The weekend is also designed as a networking weekend as I feel women are all about building relationships and when they naturally share their talents, gifts and passions women will want to participate with them, as an example I have had several coaches as past speakers and as each coach is unique so is each woman and it offers them a weekend of really getting to know each other and if they would work well together. When women come together magic happens, we learn to let go and trust in such a safe space, ask for support when we need it and realize how much others want to support us to be the best we can be. We leave empowered to take on our families, careers and obstacles with the energy we receive from the weekend. Remember we are each an "INSPIRATION" and have a unique story to share with the world so come play. **\$350 \$295 Early Bird** Includes: meals accommodations, mini workshops, Hazardinia, and plenty of fun....

One topic so far will be: **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

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 wrote, she has lost her mom and sister to cancer and is going on an across Canada tour at all the rally's for cancer. Last year she did a private concert for some of my friends at my home and we were moved to tears as she shared her songs and stories with us. I usually play her CD at the end of my retreats so I am very excited about her joining us in person to share her music - she is truly an "INSPIRATION" she will have her CD's available as well.

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COUPLES "Financial Explorations Workshops"



My Husband Bruce and I have led "**Financial Explorations Workshops**" for over 8 years from Vancouver, Portland, Los Angeles to Victoria and love making a difference regarding people having "Financial Intelligence" such that they can make wise choices "**TOGETHER**" with their money. Our personal journey has been from "Simplifying our Life" - living in a Motorhome to owning our "oceanfront condo" and living our dreams and we would love to support you in discovering and putting in structures to fulfill your dreams.

In this 1 Day Seminar in a safe space uncover the beliefs about money you've inherited from your parents, teachers and

peers, discover what the rich teach their children about money, get in touch with what you really want in life and how to get it. Open your eyes to financial opportunities that are right in front of you. You will be left with a feeling of freedom and playfulness around money. Learn all this through video, group sharing, coaching and fun games.

Finances are one of the biggest challenges for people and especially couples in this fast paced world with everyone wanting instant gratification if you are ready to take on your finances and be empowered about your future, you will not want to miss this workshop.....(March 18) future dates to be announced - per couples requests - 4 couples per workshop - 1 Saturday - 9:30 - 5:00 pm lunch included **\$200 per couple** - individuals can also join a group day for **\$100 per person** or we are available to deliver the workshop for your family or friends as well. Our Mission Statement is: **Simple Life, Simple Business, Living a Life we Love while making a difference in the world.**

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