

Wisdom Within Workshops & Retreats Newsletter

Summer

August 2005

Greetings!

It has been a very exciting past couple of months, we had an amazing wellness retreat and Goddess Retreat. Adventure, Learning and Fun was had by all. I know many of you had an exciting summer, we've had lots of great sunshine and I got to visit my home of Drayton Valley, Alberta and celebrate my parents 50th Wedding Anniversary with them and my two sisters and family. I surprised my parents with a DVD of pictures and music that celebrated from the time they started dating until now with 3 daughters and 6 grandchildren later and to still see the sparkle in their eyes and the magic and miracles they created through all of us...it moved everyone to tears and was worth capturing all the magic moments and sharing them with others.

I am looking forward to bringing many more amazing speakers, healers, musicians and Inspiring Women together to create more magic over this next year. If you have a retreat idea you would like to see or want to be a guest speaker etc...please feel free to let me know. I look forward to meeting several more of you great women this year and expanding into couples retreats with my amazing husband as well.

Gail Hull

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"Tag You're Fit" - With Stacy and Sonya

TAG YOU'RE FIT Come experience a weekend you will never forget and the privilege of training with Stacy and Sonya, Fitness World's top personal trainers. These two women are the most empowering women to have around you if you are looking for results in your health, fitness, and accomplishing your OWN goals as they have pushed themselves and their clients into succeeding beyond their expectations. The great thing about both of them is how they really are committed to people going beyond their limits and accomplishing results they never imagined possible. If you are looking for a FUN, Exciting and Adventurous way to explore your goals around fitness and what you REALLY WANT then join us for an Amazing Adventure....

**September 16- 6pm to 18th 1pm, at Camp Narnia, Shawnigan Lake, BC \$300
Includes: Meals, Accomodations, Fitness Activities, Guest speakers, Obstacle challenge course, and tons of FUN....**

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Women In Business - Networking Retreat

Women in Business coming together to get to know and support other entrepreneurial women - as women we sometimes think we need to do it alone and yet as women we

are supporters and cheerleaders. It feels great when a friend starts her own business and is very successful and you got to be part of it.

Imagine a weekend of women sharing their talents from mini workshops, artists, singers, healers, pampering products, nutritional ideas, fashion and image, creativity, fun and play while meeting great women and new friends. I know as a woman with my business it is all about bringing women together and letting the magic happen as I have seen at each of the unique retreats. There have been several business contacts made and several references given. "Play while you Work" for some people this may not be the norm... but for me it is the only way...

Join us on October 14 - 6pm to October 16 - 2pm - \$250 and \$200 Early Bird - Includes: Meals, accomodations, guest speakers, team building challenge course, networking and fun. Enjoy the mini workshops, masssage, reiki, pampering and elaxation. A Time Out for you to play while you share your business ideas and ask for what you want and need for your next phase of your business to grow.

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"Capturing Magic Moments"

As my business continues to grow I have realized there are so many magic moments in my life I have captured. I have always loved photography and putting my pictures in albums to remind me of what an extraordinary life I have lived. Through my family, friends and travels I have experienced many magic moments as we all have. I came home from my last goddess retreat and my husband put my pictures into a video and added music and captured the essence of the retreat for me and moved me to tears. I have decided to add this aspect to my business as women can play the DVD and be right back in that safe, intimate space and take a breath and relax.

As I mentioned I put together all my **family pictures** on a DVD with music and gave that gift to my parents for the 50th Anniversary, it is priceless as it put their whole 50 years together for them and what they accomplished. I realize there are several people out there that would love their lives captured especially as we age. Sometimes family is far away like mine and you only get to see each other once a year or so, now they can watch the DVD anytime and feel us close by. My daughter is currently living in Australia and and my Grandma passed away two years ago so even though everyone could not be there for the celebration they were included.

Family Vacations....my uncle, aunt and 12 year old cousin came for a visit to the island - I took them touring around Victoria and captured their magic moments on DVD, Rebecca's first visit to the ocean, something she can now share with friends and have forever. I am considering doing a B&B in my ocean front condo and touring people and capturing their "magic moments" for them. Taking them to unique places that the tourists don't get to see. I know this is my passion as I love seeing people lit up.

I also had an amazing weekend capturing my great friend **Johanna's wedding** this weekend, she is my website master, and I am sure she will add a clip to the site soon. I was also the **wedding coordinator, we had the wedding at Camp Narnia** where I do the retreats and I will be available to organize other weddings there as well as it is what I do best.

If you know anyone who would love their pictures captured onto a home movie with music.....Family, Wedding, Memorial, Vacation, New Baby, Children - Birth - Graduation, memories, Reunion....or just a celebration of life to share with others....Please let me know...as I would be honoured to capture their "Magic Moments"

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