

Wisdom Within Workshops & Retreats Newsletter

"A New Year, New Beginnings"

February 2005

Happy Valentines!

Yippee! February is here at last. We made it through the busy holiday season and now we can take a deep breath. February is my favourite month because it's my birthday, lots of friend's and family birthdays too. Love is in the air with Valentines and speaking of love, this is a great time to fall in love with ourselves, take time out and pamper ourselves instead of waiting or expecting others to know what it is we want or need. Usually we are better at giving gifts to others than we are to ourselves. Even the simple things like a bubble bath, a night with the girls or enjoying a good movie with a bowl of popcorn, it is important to take time out for ourselves. As the weather starts to warm, February is also a good time for reflection and getting more active like simply enjoying walks in nature. Have you ever taken time out to ask yourself.... "What do I really want out of life?" Maybe it's that trip you've always wanted to take and never could afford or had the time for. Or perhaps you have some other life-long dream you would like to see materialize. I invite you to journal or make a list of at least 10 things you want in your life and share it with at least one other person. Once we know what we want we really can have it by putting structures in place for it to happen. The first step could be attending one of our retreats where you get to take time out for yourself and discover what is important to you. I enjoy watching women achieve things they never knew were possible. That is why I continue to offer the retreats for women. Not only do you get to take time out for yourself but have fun, relax, meet new friends and exchange ideas about what is possible for your life. I look forward to meeting a lot of great new women this year and I hope you are one of them.....

Gail Hull

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"Food and the Emotional Connection"



Join us March 18-20th for: "Get Your Physical and Emotional Body in Shape for Spring" an inspirational weekend. Kristina Sisu, well known, speaker, teacher and author, from Ontario, will give us proven tools that will support us to understand our relationship to food. This workshop is based on her book "Food and the Emotional Connection."

I'M STRESSED...PASS THE CHIPS Are you eating from conscious choice, or are your emotions ruling the roost? Understanding your relationship with food can be an amazing path of self discovery. This experiential workshop will help you understand how your eating is connected to your emotions. Learn easy techniques to deal with food cravings and stress, and what the foods you crave represent emotionally. Discover ways to improve your relationship

with food and how to nourish your body for greater physical and emotional well-being. You'll have fun in the process!

All Early Bird Registrations by February 18th, will be entered for a draw for 2 FREE Angel Readings by Kristina Sisu, you will want to take advantage of this offer as it will be very fun.....

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Fitness - What works for You?



Join us March 18-20th for: "Get Your Physical and Emotional Body in Shape for Spring" Stacy McDougall, personal trainer, will be taking us through a series of exercises, that will be simple enough to incorporate into our daily lives. Whether it is a brisk walk in nature, stretches in front of the TV, biking, hiking, swimming, pilates, yoga or joining a gym, discover what works for you and your lifestyle, each persons fitness routine needs to be something they can enjoy doing. If you are not getting the results you want Stacy will give you a plan to achieve your goals.

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"Women Inspiring Women" Retreat April 8-10th



All women have their own unique story, and have overcome obstacles they thought were impossible. After attending an evening with over 160 women with Sheila Orr, MLA and 2 very great speakers, an evening about "Women moving forward with Changing Careers" I was moved enough to share my story of having been a single mom, been in an abusive relationship and all of life's trials that have helped me to become the woman I am today. I have changed careers several times, even though in 1992 I attended a workshop and got clear I wanted to make a difference with women, I thought that looked like single mothers or abused women, then after doing my first retreat, a fundraiser, I discovered my passion of contributing to ALL women. At the end of the evening, Jody Paterson, one of the speakers said any one of the women could have shared their story, we all have a unique story. Through tough times we never know how we will make it, but with persistence, patience and getting in touch with our power we really can have the relationships, home and career of our dreams. My greatest Inspiration is my daughter Tanya, almost 30 years old, getting paid to travel the world by working on private yahts, and falling in love with a tall dark very handsome Australian man, moving to Australia and being an example of Living an Extraordinary Life. At the "Women Inspiring Women" retreats we get to share who we are, what we are passionate about, what we want in life, and really connect with other women. It is about celebrating our uniqueness, honoring who we are, and being true to ourselves. An opportunity to nurture ourselves, reflect while being in nature, participate in the Hazardinia Challenge Course working together as a team, enjoy great speakers and meals together, network, or enjoy one of the healing modalities available. A weekend away just for you because you are special. Join us April 8-10th to share your story.....

Women Inspiring Women Retreats are also designed as a Networking Weekend for women to support each other in business. As we all know there are several amazing women who have stepped outside of their comfort zone and started their own business, (myself included). As women we try and do it all alone. I have received a lot of support in the past year by becoming a member of the Women's Business Network and getting support from some really great women who have overcome their own challenges in business. This weekend retreat is designed so we build relationships where we can feel comfortable about recommending other women's services. At the

retreats we get to sample some of the products, services, guest speakers, and share ideas to help each other be the powerful, successful women we are in today's busy world.

If you or anyone you know is interested in being a guest speaker, offering any healing modalities, sharing your talents, please let me know. Please feel free to pass this newsletter or website on to any women you think may be interested in finding out more about "Wisdom Within Workshops & Retreats". Thank you for taking the time to read this newsletter, I want you to know your email is only used for this newsletter, if you want removed from the mailing list please email me and let me know.

Namaste.....Gail

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