

## Wisdom Within Workshops & Retreats Newsletter

Upcoming Events 2005

DECEMBER 2004

### Happy Holidays!

Wisdom Within celebrated its first year since its first retreat Thanksgiving weekend 2003 to 2004. I am very excited to share about this amazing year, we had 82 women attend 5 retreats at Camp Narnia. Four Women Inspiring Women Retreats and one Goddess Retreat. Each of the retreats were unique, different guest speakers, healers and participants. I was honored to watch women connect with each other, learn something new, contribute their talents, have fun and play and leave rejuvenated and inspired. It exceeded all of my expectations and I realized I am the source of women coming together and they provide the magic that unfolds. It was very special getting to know each woman and watching them open up over the weekend and the level of intimacy and openness was extraordinary. The Hazardinia team challenge was exciting as women got to be kids and play in the magical forest, an experience they will never forget. I want to thank each of them for attending and contributing, I just held the vision and miracles occurred. I look forward to another exciting year of retreats, meeting new women and reconnecting with some of the women again.

I personally want to thank each of the Guest Speakers as the quality of women that contributed their time and energy normally would have cost us well over \$500 per weekend and they so willingly shared their unique gifts with us. Visit our **updated website** to see the quality of speakers from our first year.

Wisdom Within is very excited about the upcoming year and is looking for speakers and healers who want to contribute their talents and inspire other women. Below are some of the upcoming events, each one unique and a different variety for everyone. Feel free to forward this newsletter to any women you know, or gather your girlfriends together for an awesome weekend getaway. Give yourself a Christmas gift now and choose whichever one inspires you the most; remember to take care of yourself and put yourself first, yes, you do deserve to be nurtured and pampered. Looking forward to connecting with you in the new year. Happy New Year!

Gail Hull

*Get your Physical and Emotional Body in Shape for Spring - March 18, 19, 20th*



This Retreat will have two very amazing speakers: **Kristina Sisu**, author of "**Food and the Emotional Connection**" Using our Relationship with Food as a Window into the Psyche, is a very well known author and

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speaker. I have enjoyed working with her three times so far and you will love her style of leading us through exercises that will allow us to discover more about ourselves. Kristina is passionate about supporting others on their path to well being after her personal triumph over a serious chronic illness. Her approach is informative, compassionate and practical. She is a certified nutritionalist, specialized kinesiologist and a counsellor and has experience in Health and Behavioural Sciences and Social Services. You can learn more about her at [www.wellness-initiatives.com](http://www.wellness-initiatives.com)

**Stacy McDougall** is a Certified Can Fit Pro Personal Trainer and has a College Diploma in Fitness and Health. Stacy brings fun, motivation and enthusiasm to her workouts. Stacy leads by example: she has ran marathons, done triathalons and leads a healthy lifestyle. She is very compassionate about supporting her clients to achieve their goals, I have known Stacy for several years and have attended several of her cardio-kick box classes. If you want challenged and motivated to succeed Stacy is such an Inspiratation and will lead us through a series of workouts to give us head to toe muscle conditioning while trying new things and having fun.

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### *Women Inspiring Women Retreat - April 8, 9, 10th*



Women Inspiring Women Retreats are designed to support each other in our passions in life. A chance for women in business to promote their business, network, make connections, and learn how powerful us women can be in business by working together. It is also an opportunity for all women to come meet new women, take advantage of being pampered by the healing services available. Discover new things and ideas

from the guest speakers which cover a variety of topics. The great part is we all get to do the Hazardinia team building challenge in the magical forest where we get to play like little kids.

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### *Goddess Retreat - April 29, 30 & May 1st*



We had such a huge response to our Goddess Retreat that women can hardly wait until the next one. There is a Goddess within each of us that wants to come out and play. At the last retreat we learned about some of the Goddesses there are, and chose a Goddess to Be for the weekend, we had so much fun. It was a way to get in touch with our feminine side, get dressed up in our favorite goddess gowns, enjoy a special dinner together and get to know each other. It is always magic when women come together and remember who

each other really are. We will have more amazing speakers, healers to pamper ourselves, tarot, astrology, massage, reiki, etc There is also the spiritual aspect to this retreat that is nurturing and healing, a safe space to let go and be yourself. Women will be left inspired and rejuvenated, a time out just for you, because you deserve to be pampered. You will not want to miss this one and can see some of the pictures on the website of how much fun we really had.

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With the busy holiday season approaching this is a great time to sit down and schedule time out for YOU.....as women it is important that we take care of our health, fitness, nutrition, finances and energy. We no longer need to be the **superwomen** of the world. With many of us working outside the home, some with children at home, spouses, volunteering, shopping and maintaining relationships with friends and family....when do we get ME time... Alone time....? Have you taken time for a bubble bath? Walk in Nature? Reading a great Book? Passionate night with spouse? We need to remember to pamper ourselves and nurture ourselves so we can nurture those closest to us.....Schedule yourself a mini retreat whether it is one hour a week, one weekend a month...or you schedule one of the women's retreats above as a **Christmas Gift** to yourself, away from everyone and everything....no cooking, phones, kids, distractions a weekend in nature..being with YOU and other great women.

One of the most rewarding things I do for myself is have a girls night, whether it is just gathering my friends for appy's and drinks and having fun or a few women playing the Go Goddess game sharing our answers to certain questions and getting to know each other better, or scheduling a walk with a friend to express myself, I know women are important in my life. I am very blessed at what I get to do, bring women together at the retreats to be nurtured, I have come home to my husband a new person after each retreat this year....my heart is fuller with all the love that was shared there....and my husband and friends benefit from it...I have grown so much this year by giving to other women and being vulnerable and in my heart....really getting to meet and know new women in my life and discover their passions. As women we forget to ask for support and this year I had so much support with the retreats being such a huge success I am looking forward to the new year. Give yourself the Gift of Love....Happy Holidays..... With Love: Gail Hull

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