

Wisdom Within Workshops & Retreats Newsletter

Upcoming Events

September 2004

Dear Gail,

Ladies: Please remember to take a few moments to breathe deeply and relax as we rush back into our busy September schedules. We can be far more productive if we take a few moments to visualize, meditate or affirm our daily, weekly or yearly goals. Remember if we don't take care of our well being we are not effective in our relationships, family or career.

Take time out to give yourself or someone you know the gift of well-being, connection, play and fun by attending one of the below workshops or retreats. At least take a few moments to read the information below and take a deep breath from your busy schedule. **My mission is to remind women today of the importance of taking care of ourselves so we can fully take care of those we love.** Enjoy.....

Gail Hull

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[Goddess Retreat - Oct 8 - 10th](#)



Seven Major Goddesses: 1. Hestia 2. Demeter 3. Hera 4. Athena 5. Artemis 6. Aphrodite 7. Persephone **Are you one of them?**

Come unleash the Goddess within you, an opportunity to play, discover, celebrate be known, network and meet other goddesses. Through meditation or pulling a card we will get to choose a goddess to be for the weekend. Through workshops we will discover more about ourselves and how to access the goddess within and learn some of the history of goddesses. There will be a special gift exchange to acknowledge the goddess within each other. There will be meditation and yoga available each morning. **Includes: Meals, accomodations, workshops, guest speakers, activities. Gala Turkey Dinner or Vegetarian-** Saturday night, bring your favorite goddess gown, jewelry, scarves, candles, trinkets and any representation of the Goddess you are. **Healing modalities extra and artists products available for sale. If you are interested in attending, being a speaker, healer or selling your artwork, please give me a call.** Gail Hull - 250-479-2801 see website for more details www.wisdomwithin.ca

[Read on...Goddess pdf](#)



[Womens Fitness Boot Camp October 15 - 16th](#)



Gail's Top 10 Tips for Getting and Staying in Shape all Year 1. Drink a minimum of 8 glasses of water day even in cool weather. 2.

Set a daily or weekly routine and stick with it. (I've been doing the 12:15 bodyshop classes for 6 weeks straight and find consistency works for me) 3. Find a friend or buddy to walk with, meet at the gym or enjoy the outdoors. 4. Set Realistic Goals for yourself and reward yourself when you achieve them. Tell your friends and family your goals so they can support you. 5. Hire a personal trainer if you know you will not do it on your own or if you want a specifically designed program for you. This is the best way to ensure you are doing the exercises correctly and achieving the results you want. 6. Change your eating habits to healthy food choices and get some nutrition counselling to find out what works best for you. We all know Diets Don't Work. 7. Believe in yourself and don't give up, remember it takes time and commitment and you will get there. 8. Do exercise that is fun for you, (I prefer bodyshop classes where I get a full workout, the extra push from the leader, (Stacy) the group support and motivation.) 9. Change your routine when you get bored or discouraged. Try out a new piece of equipment in the gym, (eg: the ball, weights, elliptical, rowing machine). 10. Remember to **have fun**, meet new people and stay focused on your goal. Make a collage out of magazine pictures of what you want to look and feel like and display it where it will remind you. **You CAN do it....**

Join Stacey MacDougall, Certified Personal Trainer for an evening and day at camp to get some great nutrition and fitness tips, plus a full body workout, yoga, obstacle course, challenges for moderate to advanced fitness levels. **Womens Fitness Camp: Oct 15-6pm - Oct 16-6pm \$129.00 Includes:** Meals, one night accommodation, boot camp, activities and guest speakers.

Stacy McDougall - Certified Can Fit Pro Personal Trainer College Diploma in Fitness & Health Stacy has been a personal trainer for 8 years. Her experiences include a variety of disciplines. Stacy concentrates on one on one personal training as well as teaching group classes (boot camp, cardio kick box). Stacy coaches individuals through motivational speaking, and goal setting. Leading by example through her personal life with her involvement in triathlons and distance running base a foundation for a healthy active lifestyle. You'll want to be involved when Stacy is in charge!! At The Fitness Retreat for Women Stacy will be the one to put you through your challenging yet fun workouts. If you are looking for someone to push you to your limits and challenge you like you've never been challenged before, this is your girl! The workouts that Stacy has designed for you include an obstacle course (boot camp Style) and a head to toe muscle conditioning workout. **Give it a try, if you dare!!**

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Passion & Power - Mexico - Feb 20-27th 2005



Have you discovered your passion, power and purpose in life? Have you found something you love to do and would do for free? Is there something that excites you so much you can't sleep? What is your unique gift or natural talent? Have you shared your passions with others? What did you love to do or want to be as a child? Out of Passion & Power I am living my purpose of being **Source**, bringing people together, managing events, and inspiring others to be their best. (Gail Hull, Wisdom Within) **If you are still looking for your passion and purpose this is the perfect opportunity for you to discover who you truly are.**

Passion & Power Retreat - Mexico - February 20- 27th Led by: Lori-anne Demers: Certified Executive coach, Human Development Specialist, Mission: To assist you in remembering who you are, discovering what you love and in doing so be true to yourself. You will leave clear about what your "**Core Passion**" is and have an expanded sense of self worth. This is accomplished in an atmosphere of Love and Trust, through simple exercises and conversations that are a powerful access to remembering who you are. When you remember who you are then you can start to discover the environments that are most suited to your passion. A maximum of 12 women per retreat can participate so that each person's uniqueness can be recognized. For more information go to www.lademers.com

Women's Financial Explorations Weekly Program



Invest in yourself first, discover ways you can make money with a little or lot of money. Learn the distinctions about money the rich are taught. Make smarter financial decisions for yourself. Be in control of your money. Learn some of the strategies of the stock market. Discover your beliefs about money that keep you in the financial shape you are in now. Discover what you really want and how to get it. Be part of a womens team learning and growing together in the area of money.

Join this 6 week program - \$200 - Maximum of 6 women per group. Meet once a week. 3 Hour Sessions: Evening classes start: September 28 or weekday classes start: September 23. **1 day workshop 8 hour - \$100 next workshop: September 25th** (For alternate dates call Gail at 479-2801)

[Read on...Financial Explorations](#)

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