

# Wisdom Within Workshops & Retreats Newsletter

NEW YEAR - NEW BEGINNINGS

January 2011

## Happy New Year Ladies:

I am so excited about 2011 and having an amazing year, it will be hard to top off 2010 but I am sure I can do it. Last year I held two retreats in Sooke, assisted Rosanna with her retreat in Golden and a road trip on my own to Naramata Wise Women's Weekend also exploring the Wineries along the way and there were plenty. I also went to Sedona, AZ with my best friend and her sister and experienced a very magical, powerful place and know I will return, so far Rosanna and I are planning a retreat there this year, still in the works. I have also started a new career in Insurance - Home/Auto - I just passed my License Exam and have had a few interviews and excited about working in sales and customer service again. With the new job I still plan on offering my retreats and Goddess events, planning on another Mother/Daughter Playday as well, so I am sure it will be a busy, GREAT year.... I am still doing my hot yoga and transforming my eating and nutrition....and honouring my body. My husband and I fall in love more and more everyday, almost 18 years..... so life is GREAT.... I spent a lot of time over new years making vision boards, one for my personal life/career/fitness /spirituality - one for my business - Wisdom Within, one for my relationship and a few Goddess Boxes - so really got to PLAY and access my Creativity...

I invite each of you to look in your lives at what area you would like to take on to make your life more healthy, enjoyable or prosperous. I am sharing this as we all need Inspiration now and again. We truly each have something to share with others - that is why I would love to have you join us at our next **"Women Inspiring Women/Goddess "** retreat **March 25-27th - Sooke, oceanfront property.** Book early as space is limited and already filling up fast...

**Namaste Gail/Layla**

***Women Inspiring Women/Goddess Retreat" March 25-27***

**Includes: Meals, accommodations, all activities, mini workshops and plenty of fun. ONLY \$350 or Early Bird Special \$299** three weeks prior (still in process of confirming speakers/healers etc, if you are interested please let me know ASAP)

**This is the retreat you, your girlfriends, mothers and daughters won't want to miss. We have a very special weekend planned to Inspire and Nurture you. The**

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weekend starts off with Friday getting settled in to your own private room - at the oceanfront property; meeting new friends - enjoying dinner together (approximately 6:00 pm) and afterwards gathering in a circle around the campfire on the beach, (weather permitting). There will be drumming, meditation, getting centered and relaxed, and sharing who we are and what brought us here. Saturday will start with Breakfast followed by our "GODDESS CIRCLE" - led by Sasha Star. After lunch we will paint our "Goddess Wine Goblets" as well as create a Vision Boards or Goddess Vision Boxes if we choose to: or enjoy time out on your own. Healing modalities and one on one sessions are available during Options time. Then we get to dress up in our goddess gowns (whatever that looks like to you) and enjoy a Special "Goddess Dinner ". You are welcome to enjoy wine or non-alcoholic drink in your "goddess goblets" (please bring your own as this is not supplied). After dinner we will partake in a Goddess Gift exchange (please bring something special you would like to pass on to another goddess) followed by chocolate fondue and spa evening . Sunday morning we have Breakfast and another speaker followed by a Completion Circle - enjoy Lunch -then pack up and say our farewells. I know it sounds like toooooo much fun... so you won't want to miss this one! For all of you who really want to come and have been putting it off for whatever reason - I invite you to jump in NOW ...

More details below and on the website.

[Sasha Star - will be joining us in Sooke March 25-27 you won't want to miss it...](#)

After many wonderful years working and playing together at my retreats, Sasha Star moved away to build a home and retreat center with her beloved in the Interior of BC. There she has continued to offer her many gifts through her business, *Alchemy of Love Holistic Arts & Services*. She is now back on the island for a brief time and I am thrilled to have her return at the next gathering. We never really know what she has in store for us, but it is always guaranteed to be a treat!

[Sasha Star ~ www.LivingInLove.ca](http://www.LivingInLove.ca)

Sashie-Star's facilitation is fun, inspirational, educational, empowering and positively transformational! The space she creates is safe, sacred, beautiful and totally down-to-earth-comfortable. She guides us to trust and honor our selves, our bodies and our emotions...and most importantly, to set ourselves free to live from our hearts as our full potential! Her Loving Presence inspires us to Be Free and Empowered to Live in Love, no matter what. The classes and sessions she offers are at the same time formed, and formless. Her teachings and offerings are intended to be like maps for us, and if we choose to pay attention to them, we embark and continue on the most sacred journey of all: The Journey Home, The Journey Within Self-The Journey of Love.

For more information about her offerings, please visit [www.LivingInLove.ca](http://www.LivingInLove.ca)

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### *Rosanna Ienco - Nanaimo - Jan 29th "Create your own Treasure Map"*

Ladies: I plan on joining Rosanna in Nanaimo for this special one day treat - we did this in Golden in the summer and it was very powerful - I invite you to join us....Gail/Layla

Rosanna is an Award-Winning Finalist of the National Best Books 2009 Awards and the best-selling author of *Awakening the Divine Soul - Finding Your Life Purpose*. She is also a Certified Soul and Past Life coach. She is the Founder of *Motivational Mentoring for the Soul*® a mentoring program that helps others to find personal empowerment, discover their true passion, life purpose and move towards their mission with clarity so they may live a more fulfilling life.

## **Create Your Own Treasure Map for 2011**

One Day Workshop ~ Saturday January 29th

Come and join other like-minded individuals for the opportunity to be in a Sacred Space to create your deepest Desires through making your very own Treasure Map. This workshop will focus on placing your clear intention in turning 2011 into the year of Miracles. Throughout the day we will also use Shamanic techniques through drumming, dancing and Shamanic Journeys to help invoke your Soul's Desire.

Here's what you will gain from the workshop:

Join other like-minded individuals to support and inspire each other

Release Your Creative Expression

Discover what Power Animals and Spirit Guides will assist you in 2011

Unleash your True Power and Greatness

The special price for the workshop is now only \$99.00 for more information, email [info@rosannaienco.com](mailto:info@rosannaienco.com) or 250-729-7971 [www.rosannaienco.com](http://www.rosannaienco.com)

## **Ana La Rai - Parksville Retreat - February 18-24th**

Please join Ana La Rai in Parksville for this amazing opportunity - Ana La Rai was one of my speakers and I have done several full moon meditations with her and will be joining her for the Feb 18th evening only...

### **Beloveds:**

With the dawn of 2011 and all the new energies brought forth, we invite you to be a part of an unforgettable Retreat this February - An Experiential Journey into Self-Mastery.

Ana-La-Rai and MaLeem of Divinely Guided Spirituality work within the new energies of group-consciousness, providing the highest vibration and level of love to assist you. During healings, guided meditations, activations and discussions, each participant will be lovingly supported and empowered through learning, growth, and change.

The retreat will be held on Vancouver Island, at Tigh-Na-Mara Resort, February 18-24. We will begin Friday evening with the full moon meditation and the creation of the group heart. The following six days will include meditation, healing, sharing, joy, laughter, and play, all according to the needs of the group and what is in Divine Order for that moment. We will finish Thursday evening with a closing meditation and celebration. You are then encouraged to spend another day or two in quiet integration, away from your everyday life.

There are two sets of fees. The first being the Resort fees including all lunches, the meeting space and overnight shared accommodation. This is approx. \$700 per person paid directly to the hotel. The facilitation fee is \$1299 payable by February 12th.

[www.divinelyguidedspirituality.com](http://www.divinelyguidedspirituality.com)

Please contact either Ana-La-Rai or MaLeem to book your space.

Ana-La-Rai 250-248-4006

MaLeem 250-770-166

**Namaste Gail Hull - [www.wisdomwithin.ca](http://www.wisdomwithin.ca) 250-479-2801**

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