



Welcome to your retreat!

Congratulations in making the investment in yourself. Often, as women, we spend a lot of time taking care of others but forget to take care of ourselves. This weekend is all about you and for you. Please dress comfortably for movement on Saturday and bring some warm clothes for Saturday night's fire ceremony.

On Saturday, January 28, registration begins at 11:00 am in The Giverney Salon where all of our activities will take place. Our Opening Circle will begin at 11:30, where you will an overview of the weekend, a chance to know each other, and set an intention (or two) for your weekend.

After you create your own delicious Chef Salad, you will eat while you enjoy listening to author of "*Woman and Transition*", **Linda Rossetti**, who will help you explore **Navigating the Unexpected** and do so successfully.

Her session will discuss information and research from hundreds of women who embraced unexpected and expected transitions in their lives. It will feature interactive exercises that offer a new way of thinking about both change & transition and a practical approach on how to tackle the process of reinvention.

Author, life coach and TEDex speaker, **Anne Barry Jolles**, will then lead us through “**Tales from the Grace Trail**”. She will help you embrace the possibilities that the New Year brings. Based on her bestselling book, “*Grace Trail: Find Your Footing and Move Toward the Life You Were Meant to Live*”, Anne will present this interactive and experiential session which includes stories, metaphors, humor and education about how you can take five steps towards your best life. You will have an opportunity to walk a mini Grace Trail and should feel relaxed, rejuvenated and reinvented.

We will then take a break with some healthy snacks, smoothies and some quick energizing Qi Gong exercises.

Our focus then shifts to the **Art of Self Care** where health coach **Tresa Rolando Salters** will share about healthy eating, stress reduction and finding balance in your life. These skills and tips will help you to be the best you can be at all times in your life.

No experience is needed for the **Mindfulness Yoga** practice. Yoga practitioner, Licensed Psychotherapist and widow herself, **Barbara Ward** will help you to breathe freely, to relax completely, and to allow the body to express itself from the inside out. Barbara’s yoga practice is what carries her through her darkest days and she wants to share what she has been given.

After a 30-minute break we will gather for dinner, conversation and conclude with a **fire ceremony** with **Shaman Ginny Davis**. A fire ceremony is a powerful Native American practice used to release unwanted energies and attachments from the past and make space for new intentions. Together, we will release anything that we are holding onto that doesn’t serve our Higher Self and attract what we need to move forward. By releasing these unwanted energies and old patterns into the fire, you are healing at the soul level. You will go outside for about 20-30 minutes for this ceremony so bring warm clothes to bundle up. We should be wrapping up by 7:30 pm.

You can stay outside by the Mirbeau fire pit or retire for the evening to absorb what you experienced today.

At 8:30 am Sunday morning, January 29, you'll join the group for a deluxe continental breakfast featuring quiche in The Giverney Salon. At 9:00, **Paula Harris** of WH Cornerstone Investments will lead an interactive discussion designed to ensure you are a **Wise Woman** with your financial decision.

And to integrate all your learning, **Kim Bennett**, a national speaker and Director of Visiting Angels of the South Shore will help you **Design A New Personal Vision** based upon where you've been and help you make steps forward in a role defined by you.

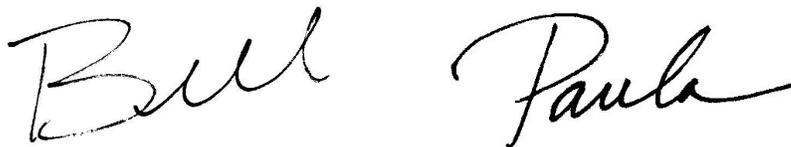
We will then gather a final time to be in a closing circle together to share what you've learned and how you might take it forward in to your life. We are planning on concluding at 12:30 pm.

The hotel has many amenities including a terrific spa that you might consider booking yourself a service for Sunday afternoon to round out your retreat. Or go explore all the Pinehills and Plymouth have to offer.

Please let us know how we can make your retreat the best it can be. If you know of someone who has been thinking about this and is still on the fence, please feel free to share this detailed email.

From all of your retreat speakers, thank you for the honor of serving you at this important weekend.

Cheers,

Handwritten signatures of Bill and Paula Harris in black ink. The signature 'Bill' is on the left and 'Paula' is on the right, both written in a cursive style.

Bill & Paula Harris