

Registration Form

Name: _____

Address: _____

City: _____ Postal: _____

E-mail: _____

Phone: (____) _____

Shared double \$385 per person _____

List any food allergies or other concerns

Full payment required by November 5th

A \$100.00 non refundable deposit will hold your space.

Enclose this form with your cheque payable to:

Stillwater Awakenings
448 Tamarack Dr.
Waterloo, ON
N2L 4H1

Retreat Leaders

In fall of 2006, Linda and Marilyn journeyed to many cultural sites of Greece including Delphi, considered to be the centre of the earth in ancient times. Symbolically, when we find “our centre” we can achieve a state of bliss and happiness as we connect to that place of wholeness within – a place where peace, happiness and love reside. Their mission is to support and encourage as you awaken the stirrings of your soul, the yearnings of your heart and the strength of your mind, thereby enabling a life-path of expanded awareness, vision, choice and possibilities.



Linda is a spiritually directed Psychotherapist, Empowerment Life Coach, Sound Therapist and Reiki Master. She specializes in transformational change and therapeutic healing that creates an awakening to a life of greater meaning, vision and service. She brings an inspiring perspective based on world travel, years of corporate management, community leadership and volunteerism.

Marilyn, in her own journey of self-leadership earned a Master of Theological Studies from WLU, enjoys exploring wisdom teachings of the ages and continues to build a life attuned to the callings of her heart. In private counselling practice, she helps clients build skills and strategies to uncover meaningful routes to experiencing greater joy and fulfillment in their lives.

Self-Leadership Retreat

For Women Wanting to
Lead a Life of
Purpose & Possibility



Friday Nov 15, 2008
to
Sunday Nov 17, 2008

The Glen Tara
Centre

(Only 1 hour from Kitchener-Waterloo)

Self-Leadership Retreat

Enhance your self-awareness and reconnect with the wisdom of your body, mind and spirit through personal reflection, group discussions, journaling and self-directed exercises, including the ancient art of sound and walking the labyrinth.

Learn to “love the life you live and live a life you love.”

Schedule

Check-in is 6:00pm-7:00pm.

Group welcome: 7:15 p.m.

Friday: **SERENITY SETTING**

Creating the foundation ...

Connecting with one another...

Re-acquiring playfulness...

Saturday: **EXPLORATION**

Exploring new perspectives ...

Expanding self-awareness ...

Experiencing 'sound for soul'...

Sunday: **ENVISIONING**

Walking the labyrinth

Integrating insights...

Envisioning new possibilities...

Closing ritual is at 3:00pm.

The Glen Tara Centre



Glen Tara is located in a peaceful rural setting of quiet beauty near Mount Forest, Ontario (just one hour from Kitchener, Waterloo and Guelph)

The Centre features forested woodlands and meadows including streams and wetlands along the extensive walking trails.

Enjoy relaxing spaces for quiet reflection, stillness and calm - the space to open your life to the possibilities of choice and change.



Registration

Take the first step to self-leadership

INVEST in YOURSELF

Retreat Cost

Cost per person; includes all sessions, accommodation and heart healthy meals and snacks by “Chef Carol Ann.”

Shared double - \$385.00 per person

Register early!

Event limited to 6 participants.

Early Bird discount \$25 by Oct 15th

For more information contact:

Linda: (519) 886-0020

Email: lindalhorn@sympatico.ca

Marilyn: (519) 896-1594

Email: m_otton@sentex.net

TO RESERVE YOUR SPACE

Complete registration form (on reverse).
Enclose your cheque with registration.

TESTIMONIALS from Spring Retreat

“Loved the ritual aspects”

“Very enlightening and enjoyable”

“I have tried to put into words how I was affected and how I felt. The word “profound” is the only one that seems even remotely adequate”