

Woman's Inspirational Retreat
July 7,8, and 9
Quimby Country, Averill VT
With Leanne Porter and Lynda Kinsley



We will share a weekend at an amazing Vermont location. All activities are by choice and plenty of free time to enjoy the grounds and activities alone, with your group, or with new friends.

Resister by e-mailing leannealice@rocketmail.com
or call Leanne at 802-371-9884 for a form by mail



Motivational Seminars
Creative Journaling workshop
Guided self-discovery nature hikes
Mindfulness workshops
Life coach group sessions
Yoga groups
Meditation groups or individual suggestions

Lynda Kinsley , Yoga and Mindfulness instructor

Lynda Kinsley has been practicing yoga for many years. Now reaching the age of 60 she says it's no longer an option, but a must! - Yoga everyday is essential in order to keep moving!

Lynda has been practicing meditation for over 10 years and enjoys incorporating that mindfulness into the yoga stretching.

Leanne Porter , Life Coach

Leanne has studied with the well-known life coach and author Martha Beck. Leanne's story, sense of humor, and passion will inspire you. She started her professional life as a teacher. Teaching students from preschool through college age inspired her and taught her a great deal. She has been providing workshops for adults for the past 10 years. Leanne has researched many inspirational programs and is ready to share the best from all of them with you. She has developed workshops on self-coaching, creative journaling, goal setting, and has presented motivational seminars for woman. In Leanne's *spare* time she is the Assistant Principal of an elementary and middle school in Vermont . She has also raised three amazing children who have inspired her teaching.



AMAZING PRICE

\$375 Per person double occupancy. Single rooms available at an additional charge on a first come first serve basis.

Three installments of \$125.

Included:

- All activities listed above
- Friday and Saturday night cookouts
- Continental Breakfasts
- Supplies for special projects

Shared room in a group cabin, cabins have common kitchen, wood stove, porches with lake views. Single rooms available at an additional charge.

Come alone. Come with a friend. Come with a group of friends. Come with a group from work and have some team building time. Come with your daughter. Just come. You will be glad you did!



SOME DETAILS REGARDING WORKSHOPS

Creative Journaling

We will share techniques for collage/ multi-media journaling, simple methods for tracking goals and success, and journals that you can wear (you will have to come to understand that one). Many art materials and inspirational quotes will be available all weekend to play with.

Mindfulness Workshops

Lynda will offer mindfulness workshops which will offer you strategies for meditation.

Yoga

Yoga will be at the beginner level. It is okay if yoga is new to you. There will be time and space for advance yoga practitioners to practice as well.

The Work Seminars:

The Work is a simple yet powerful process of inquiry that teaches you to identify and question the thoughts that cause discomfort. It's a way to understand what is making life hard on you, and to address the cause of your problems with clarity.

All our lives we've been told not to judge—but let's face it, we do it all the time. We all have judgments running in our heads. Through The Work we finally have permission to let those judgments speak out, or even scream out, on paper. We may find that even the most unpleasant thoughts can be met with unconditional love.

Life Coach Seminars

A Life Coach can help you reach your goals and will guide you toward fulfillment. A good Life Coach will teach you how to develop tools that will become a part of your life. A seminar is a great way to have a coaching experience that is inexpensive. You will share this experience with other women who may become part of your new clan. You will gain access to future support and encouragement.

During these seminars you will have the opportunity to practice ways to strengthen your attitude, well-being, intuition, and relationships. You will leave with simple projects that will help you feel your best.

I have included a link to an article by Martha Beck that may offer a bit more insight into the philosophy of my work.

[10 Life Lessons You Should Unlearn - Martha Beck Life Coach Advice](http://www.oprah.com/.../10-life-lessons-you-should-unlearn-martha-beck-life-coach-advice)
www.oprah.com/.../10-life-lessons-you-should-unlearn-martha-beck-life-coach-advice



Leanne and Martha Beck

Sample Schedule

Participants will be given a detailed agenda for the weekend with writing prompts, mindfulness worksheets, and hiking self- discovery assignments.

Friday July 7

10:00: Arrival and check in
11:00 – 1:00: Welcoming seminar and tour
1:00 – 2:00: Free time
2:00 – 3:00: Creative journaling workshop
3:00 – 4:00: Free time
4:00 – 5:30: “The work” seminar
5:30 – 6:30: Cook out
6:30 – 7:30: “The Work” part 2
7:30 – 9:30: fire place or fire pit casual team building games
10:00: Lights out

Bring your own lunch or boxed lunches are available for \$12. Ordered in advance (kitchens will be available to prepare your own lunch if you would like).

During free time we will offer journaling or meditation suggestions. There will be a lending library filled with inspirational books and articles.

Saturday July 8

7:00 - 8:00: yoga and meditation

8:00 – 9:00: breakfast

9:00 – 10:00: Motivational Life coaching seminar

10:00 – 11:00: Mindfulness workshop

11:00 – 1:30: Self-discovery hike (bring picnic lunch)

2:00 – 4:00: Group sharing and life coaching

4:30-4:30: cookout

5:30 – 7:30: Seminar

Fire pits

10:00: Lights out

Sunday, July 9th

7:00 Wake up yoga and meditation

7:00 – 9:00: Breakfast

9:00 – 10:30 Symbolism workshop

10:30 – 12:00: Final words, awards, and good bye seminar

Cookout

Check out and then stay and play on the grounds if you would like

Massages may be available at an additional charge with advance registration