

A Body, Mind and Spirit Retreat

November 7th, 8th, 9th, 2014: Lavrock Camp, Salmonier Line, Route 90

Brought to you by: **Lucy O'Driscoll M.Sc., B.Ed. Phone: 895-0544, cell 689-7700**

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Be Kind to Yourself. Join other like-minded folks for two days and nights and learn about the many tools and programs available for healing, grounding and gaining serenity.
Your fee covers two nights' accommodations, six meals, four workshops and evening programs.
(Individually these services would cost \$525.00. **Your cost is 290.00 (taxes included). This is the Absolute Best Deal in Town!** *Some Financial assistance is available for those on a limited income (single parents and students).* **You can pay \$50.00 now to hold your space and pay the remainder by Oct 15th.**

Brent Beshara: Peaceful Warrior, Brent Beshara, since his 2007 retirement from 24 years in the Canadian military as a Special Forces Navy Bomb Disposal Diver has been on an exciting journey from "Bombs to Beliefs" making *life* his new mission.

Dorothy Corrigan: is passionate about the place of DREAMS in personal growth, and uses much of her own experience to teach the methods she presents. Besides educational degrees from MUN and the University of Ottawa. Dorothy has a Masters in Pastoral Studies from Loyola University, Chicago.

Stefanie Finn: Stefanie is a Spiritual Trainer, mentor, speaker and author. Her work is based on *A Course in Miracles* principles and her own brand of inspired messages (called messages to love©), which she has worked with and studied along with other spiritual literature - including meditation - for 16 years. www.messagestolove.com

Dominique Hurley's life purpose is to explore and express her love of beauty and the beauty of love. She has done this through painting, photography, teaching, writing, simple living, traveling, and decades of participating in spiritual and personal growth workshops. Her artwork is part of a movement called Energism Art - art that helps connect to the universal energy flow. She has a Masters in Education, a BSoc. in Recreology & Public Administration, and three years of art education in Canada, Europe, and Asia. For more information, visit www.DominiqueHurley.com

Barb Lambe is a registered Social Worker who is passionate about the importance of Spirituality in therapy. She considers herself privileged to have 28 yrs. clinical experience working within the field of addictions, grief counseling, couples counseling, stress management, family of origin and inner child work, and other health-related issues. Barb has a degree in Social Work along with training in Hypnosis, Healing Touch - Levels 1, 2, and Creation-centered Spirituality.

Alison Normore Ph.D is an innovator and leader in the human potential movement bridging the worlds with a doctorate in human development and certification as a shamanic energy practitioner. Inspiring teacher and ceremonialist, she shares her passion for ancient wisdom in modern times through private consultation, workshops, retreats and Sacred Earth Journeys to Newfoundland. www.alisonnormore.com; Blog: Sacred Musings/

Tina Olivera: Tina has coached, trained and transformed thousands of people looking to embrace life to the fullest. Around the globe she has delivered transformational seminars in as far-reaching places as Arabia. Delivering keynote addresses and seminars, Tina has a passion for seeing people succeed at the highest levels. She believes that as we foster the leadership at the level of every individual, we will create unprecedented results and will advance our culture and our world in unprecedented ways. Tina's programs take people from limits in performance to peak performance and new possibilities.

Meranda Squires: Owner of the Lotus Centre in St. John's. Meranda is a spiritual master, certified as a teacher in Yoga sciences, theory and practice of Meditation from IMI, Himalayas, India. She is a Yoga Teacher Trainer, is certified as a Mind Clearer and Couples Counselor, and offers many retreats, trainings and ongoing sessions. She and her partner are also developing the Tree of Life retreat centre, a self-sustaining eco community on Salmonier Line. www.thelotuscentre.ca www.treeoflifefnl.com

Nora Squires: is a registered Naturotherapist using Reiki, Foot Reflexology, Therapeutic Touch (TT), EMF Balancing, EFT Emotional Freedom Technique, Focusing and the Pendulum to bring clients to deeper levels of healing. She is also a member of the Canadian Reiki, TT and Reflexology Association.

Classes:

Intro to the Bodies' Energy Fields and How to Clear and Energize them. (Nora). Learn about the aura, meridians, and chakras through which flows our life force energy. Learn a technique to clear and balance the energy field of friends, family, pets as well as plants. All disease, whether physical, emotional, mental or spiritual is caused by a disruption in our energy field.

The Genuine Spiritual Path (Stef). Being on a genuine spiritual path doesn't mean a life of comfort, ease and pink fluffy clouds. Real Spirituality is not an escape from the "real world", but rather a direct confrontation of who you really are, and can change your life in a deeply meaningful way. It involves a conscious and continuous decision to do the work that facilitates a loving relationship with yourself, your brothers, and your Source. This workshop will explore the genuine spiritual path, and will also include 4 steps to loving yourself, which is a prerequisite to inner peace and joyful spiritual growth.

How to Clear Problems (Meranda). The explanation is brief, but the results are powerful! Bring your problem and get it cleared with writing exercises, guided meditations, partner questions and listening and group sharing.

Self Love (Tina). What's the difference between being self judging, self absorbed, self sabotaging, self assured, self disciplined and self loving? Understanding who we are BEING leads to what we do and have in life. The act of self love requires that we understand what it's like NOT TO BE SELF LOVING, before we truly understand what it is to be loving to ourselves. Take a journey with us as we explore the inner world of self love and find new answers to who we are and why we are here.

Thought Awareness (Tina). Our thoughts lead to actions and our actions give us the results we desire in life. But what if our thoughts lead us to results we don't want? What then? This session with Tina Olivero takes an adventure into the world of thought. How to embrace thoughts, when to let them go and how to manage them. Managing the mind is by far the greatest skill you could ever master for your freedom and happiness. Gain mastery with your thoughts and create unlimited possibilities for your life.

DREAMS AND PERSONAL GROWTH (Dorothy). In this workshop, we will learn various techniques to help us understand that *DREAMS can teach us something about ourselves that we did not know before.* When you pay attention to your Dreams, you are listening to your Inner Wisdom. *No previous knowledge of Dreams necessary to participate.*

Emotional Freedom Technique EFT (Nora). EFT uses the body's own energy system and by "tapping" on the meridians or energy pathways you can remove blocked or stuck energy. Tapping on the meridians while being "tuned in" to a specific issue or event allows for healing to occur. EFT can address issues such as fears, addictions, emotional trauma, pain and other issues.

Introduction to Shamanic Healing (Alison). The cause of all physical, mental or emotional illness lies in the luminous energy field that surrounds and organizes the physical body. This is where the shaman works to clear the causes of dis-ease, which is different than alleviating symptoms. In this session you will learn about the shaman's relationship with spirit helpers and how he/she intervenes to facilitate true healing.

Peaceful Warrior Workshop (Brent). In this workshop Brent shows us how we perceive and create the world around us. Through experiential exercises he shares the functional simplicity and the energetic application of life and how we can, within this very moment connect to our true, natural selves and create an empowered fulfilling life and a life we love.

The Two Core Emotions (Stef). There are only two things: Love and fear. Also known as the Voice for the Spirit and the voice for the ego. From Love flows happiness, peace and joy, from fear comes anger, anxiety and guilt. This workshop will explore the idea, as laid out in *A Course in Miracles*, that we always have a choice as to which voice we're going to listen to, which in turn determines whether we experience life from a place of Love or fear. Knowing we have this choice can be very empowering indeed.

Simplify Your Life (Dominique). The Universe abhors a vacuum, so when we de-clutter the various aspects of our lives (space, time, finances, relationships, etc.), the Universe will naturally fill the void with what is in alignment with our Highest Good. Be ready to learn and share as we explore various techniques through examples, exercises, and resources. From awareness, to action, to manifestation, this workshop will help you on your de-cluttering journey so that you can step out of "overwhelm" mode, lighten the load, and create the life you want. It's a very loving thing to do.

Spirituality and Inner Freedom (Barb). The mystic, Meister Eckhart encourages us.... "Become aware of what is in you. Announce it, produce it and give birth to it". Barb's workshop is designed to explore the healing power of Spirituality in unleashing and freeing the "Magnificence" that lies within each one of us! Come learn to build upon your own knowledge and experience of how to become "aligned" through making "the unconscious conscious", thereby opening increased pathways to personal well-being and freedom.

Developing Your Intuition (Dominique). This workshop is not about becoming a psychic. It's about using one of our natural senses to make choices in life. Together, we will use stories, examples, discussion and exercises to become more aware of the role intuition already has in our lives and the role it could. Come explore the various kinds of intuition and open yourself to different paths and opportunities. As Laura Day, author and expert in the field, explains, although "intuition" may not be in the vocabulary of the world's most successful people, they are all intuitive. Society simply hasn't taught it out of them. Join the ranks.

Introduction to Shamanic Journeying (Alison). Navigating multi-dimensional reality, the shaman travels energetically to connect with helping spirits and healing wisdom. In this session you will learn about the tools for achieving altered states of consciousness and explore the landscapes where the shaman journeys to retrieve lost soul parts and find new destinies.

Yoga and Meditation (Meranda). This class will cover the basics of yoga philosophy and meditation techniques. Yoga uses postures, breath, relaxation, and sound to reach maximum physical and emotional health. A great way to relax and get into the energy of the retreat.

Saturday Night we will have a sacred fire ceremony led by Alison Normore!

A Body, Mind and Spirit Retreat
 Nov 7-9th, 2014 Lavrock Centre Salmonier Line
Registration Form

Please complete **BOTH SIDES** of this form. Only one person may register per form. Photocopy both sides if additional forms are needed. Applicant must be at least 18 years of age to register.

Name: _____ E-Mail: _____

Address: _____

Postal Code: _____ Home Phone: _____

Cell Phone: _____ Date of Birth: _____

Indicate your first (1) second (2) and third (3) choices for each session, as space is limited in each session.

<p><u>Session One, Friday 6:30 – 9:00 p.m.</u></p> <p>____ Intro to the Bodies' Energy Fields and How to Clear and Energize Them. (Nora)</p> <p>____ The Genuine Spiritual Path (Stef)</p> <p>____ How To Clear Problems (Meranda)</p> <p>____ Self Love (Tina)</p>	<p><u>Session Two, Saturday 9:00am – 11:30am</u></p> <p>____ Thought Awareness (Tina)</p> <p>____ Dreams and Personal Growth (Dorothy)</p> <p>____ Emotional Freedom Technique EFT (Nora)</p> <p>____ Intro to Shamanic Healing (Alison)</p>
<p><u>Session Three, Saturday 1:30 – 4:00</u></p> <p>____ Peaceful Warrior Workshop (Brent)</p> <p>____ Dreams and Personal Growth (Dorothy)</p> <p>____ The Two Core Emotions(Stefanie)</p> <p>____ Simplify Your Life (Dominique)</p>	<p><u>Session Four, Sunday 9:00am – 11:30am</u></p> <p>____ Spirituality and Inner Freedom (Barb)</p> <p>____ Developing Your Intuition (Dominique)</p> <p>____ Intro to Shamanic Journeying (Alison)</p> <p>____ Yoga and Meditation (Meranda)</p>

Overall, my top two choices I really hope to get are: _____ & _____

This Program will fill quickly, so register early! **Send completed registration and cheque or money order or e-mail fee to: Lucy O'Driscoll, 209 Tolt Road, St. Philips, NL. A1M 1R6.** *If you don't want to pay the full registration now, you can send \$50.00 to hold you place and send the remainder by Oct 15.*

Class size is limited, participants first registered – first enrolled, so register early! No registration will be accepted without partial or full payment. If you cancel by Oct 15th, you will receive a full refund. After that date, a \$75.00 processing fee will be deducted from your refund. Registrants who do not attend and who do not cancel will be assessed the full program.

Are you interested in leading an evening session of approx 30 minutes? If so, what type of session (eg. Zumba/Motivational speaking/Self-Care/ etc? _____ Yes. Type of session

Those chosen as possible evening presenters will be contacted prior to the workshop.

Waiver of Release of Liability

For

Body, Mind and Spirit Retreat, Nov 7- 9, 2014

I acknowledge and fully understand that as a participant in the Body, Mind and Spirit retreat at Lavrock Centre, Nov 7 - 9, 2014, I will be engaging in a program that involves physical and emotional activity and specialized equipment. I fully understand that in such a setting accidents may happen and I hold blameless the organizers, equipment, property owners or others either taking part in the activity or instructing at the time.

In understanding that there is some risk to any activity of this type, I accept personal responsibility for any and all physical and emotional damage that may result from accident, injury or disability however caused. In this understanding, I release, waive, discharge and covenant not to sue Lucy O'Driscoll, Earth connections, its volunteers, employees of the organization or other participants.

I take full responsibility for any demands placed upon me, losses or damages on account of injury caused or alleged to be caused in whole or in part by the negligence of anyone, including the organization, involved or otherwise.

I have read the above waiver and I voluntarily agree to the terms of this waiver by signing and dating this waiver. With my signature affixed hereto and dated, I accept full responsibility for taking part in this event and agree that Lucy O'Driscoll, Earth Connections, its volunteers; employees of the organization or other participants will not be held liable.

Print Name _____ Signature: _____ Date: _____

For our information:

Who should we notify if there is an emergency involving you? _____

Phone number of that person during the retreat: _____

If you have any medical conditions, allergies, special needs, or special dietary needs which our staff should be aware of, please explain:

I am a medical doctor or nurse and am willing to assist if a medical emergency arises: _____ Yes.

Roommates randomly assigned unless specific person(s) requested.

I request:

