

A Body, Mind and Spirit Retreat

October 3rd, 4th, 5th, 2014, Max Simms Camp, Gr. Falls

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. Attend a Body, Mind and Spirit Retreat in Central Newfoundland at the Max Simms Camp. 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).** *Some Financial assistance is available for those on a limited income (single parents and students).* **You can pay \$50.00 now to your space and pay the remainder by September 15th.**

Facilitators:

Stefanie Finn 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.

Sarah Monaghan is a healer, a coach and counselor, a spiritual teacher and a catalyst for change who believes that there are many paths to the truth. She has been a massage therapist, energy healer, and counselor for over 20 years and she is passionate about assisting people to remember who they truly are.

Alison Normore is an innovator and leader in the human potential movement bridging the worlds of spirit and matter, east and west, with a Ph.D. in human development and certification as a shamanic energy practitioner. Alison is an inspiring spiritual teacher and Earth ceremonialist who shares ancient wisdom for modern times in workshops, retreats and sacred site tours to Newfoundland. www.alisonnormore.com; Blog: Sacred Musings/

Judith Royle is the tour guide for your life's journey. For over 14 years, Judith has been helping clients be the power of their potential via a variety of life coaching programs and alternative health and wellness modalities such as Soul Genesis, Reiki Master, Meditation, sound healing through Crystal Singing Bowls, healing with crystals, Healing Touch, and Past Life Regression.

Patricia(Pat) Smith has practiced yoga for the past 10 years, starting with a yoga instructor from Botwood, NL, trained in India...What an inspiration! This led her to wanting to share her experience with other people as a teacher of Hatha Yoga. Pat became certified in Hatha Yoga through Aura Wellness in Attleboro, Mass. This year Pat is continuing her training and will become certified in "Yoga from a Chair" and "Children's Yoga."

Marie Wall has been working in the psychotherapy and energy healing fields for over 20 years. She is keenly interested in facilitating methods that empower individuals and groups to take charge of their own healing and health.

Workshops

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, others, and your Source. We 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.

Yoga and Meditation (Pat). This class will offer you "Stillness of the Mind, Flexibility and Strengthening of the body." If you wish to combine Breath, Concentration, Meditation, Chakra Balancing and Relaxation, then this class is for you.

Mindfulness Based Stress Reduction (MBSR) – An Introduction (Marie). MBSR is a method to reduce stress & Pain, maximize medical & physiotherapy treatment, make changes in everyday life, increase energy and concentration, develop relaxation skills. This introduction will give you an overview of how to nurture mindfulness through meditative practices to assist participants to reduce stress, promote calm and well-being, enhance physical health, and develop perspective.

Who are you? (Sarah). Are you ready to see the patterns and beliefs that are running your life? This workshop is all about becoming aware of the stories you tell yourself, owning them and letting them go, empowering you to see yourself as you really are. Once you can see and embrace who you are, you will be inspired to take your unique and much needed gifts into the world.

Fall Madly In Love With Yourself (Judith). If your inner voice was your best friend, would you hang out with it? No thought lives in your head rent free. In this workshop see your own magnificence.

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.

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.

Self-Hypnosis for Healing. (Marie) All Hypnosis is Self-Hypnosis. It is a naturally occurring state of mind which is, by definition, a heightened state of focused concentration. Whether you are being facilitated by another person, listening to a recording, or know how to induce a trance, hypnosis is only successful when one allows themselves to enter into the experience. We will explore the benefits of hypnosis for therapeutic purposes; be it to experience a safe place, relaxation, distressing your life or kicking a bad habit. Come and understand the benefits of self-hypnosis, possible applications for your life and experience a safe meditative hypnosis trance.

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.

Explore your gifts (Sarah). We all have gifts! What are yours? Healing? Empathy? Knowing? Some you may be familiar with, others may be dormant. Others can be such a part of us, and the way we interact with the world, that we don't realize we are doing anything out of the ordinary. In this workshop, you will explore your gifts, known and unknown, through discussions and exercises designed to help you understand, develop and use the abilities you have. **Please bring a small item that holds sentimental value for you to this workshop.**

Be The Power Of Your Potential (Judith). Be happy and wealthy or be right . Whatever is your pain, make it your power. In this workshop take action and create the magic you desire in your life.

Saturday night we will have a Sacred Fire Ceremony led by Alison Normore!

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October 3-5, 2014, Max Simms Camp, Grand Falls, Newfoundland

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: _____ Weekday Daytime Phone: _____

Evening/Weekend 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>_____ The Genuine Spiritual Path (Stefanie)</p> <p>_____ Yoga and Meditation (Pat)</p> <p>_____ Mindfulness Based Stress Reduction (MSBR)- An introduction (Marie)</p>	<p><u>Session Two, Saturday 9:00am – 11:30am</u></p> <p>_____ Who Are You? (Sarah)</p> <p>_____ Fall Madly in Love With Yourself (Judith)</p> <p>_____ Intro to Shamanic Healing (Alison)</p>
<p><u>Session Three, Saturday 1:30 – 4:00</u></p> <p>_____ The Two Core Emotions (Stefanie)</p> <p>_____ Yoga and Meditation (Pat)</p> <p>_____ Self-Hypnosis For Healing (Marie)</p>	<p><u>Session Four, Sunday 9:00am – 11:30am</u></p> <p>_____ Introduction to Shamanic Journeying (Alison)</p> <p>_____ Explore Your Gifts (Sarah)</p> <p>_____ Be The Power Of Your Potential (Judith)</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, money order or e-transfer 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 your place and send the remainder by September 15th.*

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 September 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 fee.

Waiver of Release of Liability

For

Body, Mind and Spirit Retreat, October 3rd – 5th, 2014

I acknowledge and fully understand that as a participant in the Body, Mind and Spirit retreat at Max Simms Camp. 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. _____ NO.

Roommate randomly assigned unless specific person(s) requested. I request:

Please initial if you would like us to pass along your name and phone number to other participants interested in carpooling. _____.

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.