

Women's retreat



May 7-9, 2004

Sisters of the Heart

WALKING THE PATH TOWARD WHOLENESS

Whether we're related or not, we're all "Sisters of the Heart"!

Join **Bridget LeRoy** (*Tend and Befriend*) and

Debby Hoffman (*In The Presence of Positive Women*)

for a wonderful weekend event at the beautiful and rustic

Lake Shore Farm in ***Northwood, New Hampshire.***

Focusing on becoming whole—spiritually, mentally and physically, this retreat will offer women a chance to come together in a fun environment of sharing, caring and growing.

Attend seminars that will help guide you on the path toward wholeness, participate in "Spiritual" arts and crafts, join us in a special women's circle ceremony, and walk through a custom-designed labyrinth!

Scheduled speakers:

Denise Lamothe, Psy.D., H.H.D., author, *The Taming of the Chew*

Kriss Soterion, make-up artist, musician, and former Miss NH

Marty Cain, labyrinth designer, **Jane Bjork**, spiritual artist

Debby Hoffman, motivational speaker and director of IPPW

Bridget LeRoy, author, *Never Tweeze Your Eyebrows When You're Angry*

Space is limited. Register now!

Accommodations are double-occupancy rooms with private bath at Lake Shore Farm. Price includes five family-style meals (dinner Friday through breakfast Sunday morning), all seminars, and lodging. (And don't worry; you'll have time to get back home for a Mother's Day lunch with your family!) If you wish to room with a friend or if you have other special requests, please let us know.

Price: \$250. IPPW members, 10% discount. Early birds (prior to March 1) will also receive 10% off. For both, that's a \$50 savings!

Make checks (\$50 non-refundable deposit) payable to:

Tend and Befriend, Box 300, Wilmot, NH 03287

Questions? Call 888.891.3667