



Sisters of the Heart

Women's Retreat

Friday, January 4 –

Sunday, January 6, 2008

The Mindful Women's Retreat

Taking Time for Ourselves

The holidays, the stress, we move at a high speed wobble until New Year's Day.....so what better time to unwind and remember how to be mindful of all of our actions - eating, intentions, moving, and self-exploration -- than right after the holidays? We will start on Friday with dinner, then an opening ceremony and a chance to get to know each other. Besides Bridget LeRoy's opening and closing ceremonies to center us and bring us to the present moment, Debby Hoffman will offer her thought-provoking workshops on how to be mindful in daily life. Other workshop instructors will include Jessica Hunter of All Elements Healing, who will lead morning stretches and offer a seminar on how to listen closely and follow the signs in our lives. Anne Boedecker, PhD., will present her wonderful "Soul Collage" workshop, a chance to express our inner selves in an artistic format. Sunday ends in early afternoon, with a beautiful closing ceremony, a box lunch, and good byes.

Total cost, including all meals, lodging, seminars, gratuities, and tax is \$350 for the weekend. Day trippers (those who won't spend the night): \$275.

Please register no later than December 21, 2007. Your \$100 non-refundable deposit will hold your place. Registering with a friend? If you and a friend want to share a room you'll both receive \$50 off your registrations.

For more information call: Debby Hoffman at 1-888-891-3667 or Bridget LeRoy at the New London Inn 800-526-2791 Visit www.Positivewomen.com

Space is limited. Register now!

Questions? Call Debby Hoffman at 888.891.3667

or Bridget LeRoy at 800.526.2791

www.positivewomen.com/retreats

Women's Retreat

January 4-6, 2008

The Mindful Women's Retreat
Taking Time for Ourselves

The New London Inn, New London, NH

A \$100 non-refundable deposit will hold your place (make checks out to the New London Inn). Balance is due at check in. Space is limited, so reserve early.

Cost: \$350 includes all materials, meals, lodging, tax, and gratuities.

Day-trippers: \$275 does not include lodging.

If you and a friend want to share a room you'll both receive \$50 off your registrations.

PLEASE PRINT AND MAIL - a confirmation will be sent via email.

Name _____

Address _____

Phone _____

E-mail _____

Room type _____ Total Amount _____

Today's Date _____ IPPW Member? _____ Interested in joining? _____

Deposit amount \$ _____

Make Checks payable to: The New London Inn

Mail to: IPPW, PO Box 3478, Concord, NH 03302-3478

Method of payment - please circle - Cash Check Credit card

Card number _____ Expiration date _____

Special Dietary Restrictions? _____

Roommate Requests? _____

Debby & Bridget look forward to your arrival.