

"Recreate the story of YOU... Open yourself up to undreamed possibilities"

A Weekend Retreat

Wouldn't you love to take a weekend to get away from the noise and have the opportunity to hear your own voice again? Want to revisit some dreams you've left by the wayside or open up new possibilities?

Take an opportunity to get to know yourself again and reflect on where you are in life. Please join us for a weekend retreat guided by Creativity and Planning Coach, Lynne Scheible and Transitions Consultant, Amanda Venier. We'll explore how our stories create our current reality and how viewing them differently and allowing yourself to dream can open up amazing possibilities.

In a beautiful natural setting, Scheible and Venier will guide individuals in truly seeing themselves and how they're creating the future through self-reflection, group exercises, and possibility statements. Learn to move away from feelings of being uninspired or stuck.

Get a clear idea of what your story is, and how it's defining you

- Identify how these stories are impacting your body, mind and future
- Allow yourself to let go of the past, and recreate your stories that heal and support you
- Envision new dreams and step into your future with a strong possibility statement
- Leave with a clear direction and milestones to move you closer to your dreams

Sustained by meditation, yoga, a beautiful natural setting, and the company of others also on this journey, give yourself the gift of a new history, opening up new possibilities to lead you to the life you've been reluctant to dream of.....

Bring a journal and writing instrument, comfortable clothing for yoga and walking. We encourage you to bring a friend, partner or family member, so you can continue on the journey together.

Retreat Location: Harmony Hill Retreat Center: Union, Washington.

www.harmonyhill.org

- Check-In: Friday September 10 between 3-5pm
- Check-Out: Sunday September 12 at noon

Program Investment: \$500 (includes accommodations and meals)

Retreat Location: Inn at the Rustic Gate Big Rapids, Michigan.

www.innattherusticgate.com

- Check In: Friday, September 24th between 3-5pm
- Check Out: Sunday, September 26th at noon

Program Investment: \$450 (includes accommodations and meals)

To register go to: www.lynnescheible.com



Renewal Reflection Possibilities