

Healing the Divorced Heart *A Journey in the Company of Women*

A Weekend Retreat for Women
See Calendar for dates, Hampton, NH

This weekend retreat is a healing journey beyond the grief, to the awakening and empowerment that is possible in the experience of divorce. A passionate group of women healers from many disciplines will guide your reflection, expression and self-discovery. Please join us for this powerful weekend!

Many of us spend our whole lives running from feeling, with the mistaken belief that you cannot bear the pain. But you have already borne the pain. What you have not done is feel all you are beyond the pain.
Kahlil Gibran

What You Will Experience in the Retreat:

- ✦ **Time** *Time to breathe. Time to reflect. A time-out from the pressures and commitments of your daily life.*
- ✦ **Connection** *With companions who share your experience of divorce--a community of support, understanding, and wisdom.*
- ✦ **Insight** *Through discussion and exercises, examine the places where you remain "stuck", and unearth your own wisdom for how to move forward.*
- ✦ **Self-Nurture** *Ample opportunity to refresh your body and rejuvenate your spirit through yoga, music, art and the ocean.*
- ✦ **Healing** *Another step in your journey to heal the loss and pain that can accompany the experience of divorce.*

Logistics, Registration and Price:

- ✦ The retreat will be held at a beachside cottage in Hampton, NH. Hampton is about a one hour drive from Logan Airport in Boston, MA.
- ✦ **\$350 for tuition and meals.** Additional \$50 for simple but comfortable lodging at the cottage. If you wish to lodge off-site, suggestions for local accommodations will be provided (many are available for \$100/night or less).
- ✦ Registration deadline is usually a week prior to the event. Space is very limited. To reserve a spot, please send a \$150 deposit to One Journey Consulting, at the address above. **Discount offered if pay in full a month prior.**
- ✦ For more information, email info@OneJourneyConsulting.com or call 508-276-1764.

Facilitators:

- ✦ **Renée Cooper** is a Harvard-trained Executive Coach and Workshop Leader. She has been studying personal growth through divorce for over eight years, and is writing a book on the subject. She is the founder of One Journey Consulting.
- ✦ **Diane Hall** is a successful high tech executive. She is passionate about creating communities where people can connect and discover their true selves, develop their talents and be appreciated for their contributions. Di is a partner at One Journey Consulting.

Our Contributing Experts:

- ✦ **Vail Macbeth** is a Life Coach and entrepreneur. A talented workshop facilitator, Vail leads meditations that allow participants to uncover their own wisdom.
- ✦ **Laura Hackel** is a shaman, artist, intuitive, business woman and mother. She is gifted at integrating her experience in all of these domains to facilitate the discovery and healing of those around her.