

WOMEN'S EMPOWERMENT MINI-RETREATS

Use this form to sign up for one or more mini-retreats. Contact the retreat leaders for information concerning upcoming retreats not yet scheduled and to address any questions you may have.

Check choices	Retreat Name	Location	Retreat Dates	Early Bird	Later
	Ignite Your Inner Fire	Burlington CATHE Center	July 9-10, 2010; Sunday optional	By June 15, 2010 \$100	June 16 to July 5, 2010 \$130
	Passionate Goals	Burlington CATHE Center	Date not yet confirmed	\$100	\$130
	Saving Your Soul	Burlington CATHE Center	Date not yet confirmed	\$100	\$130

Leaders: Sarah Karnes, Facilitator for Compassionate and Conscious Change
 Sarah@TheWayOfTheHeart.com, 262-249-1176,
<http://www.TheWayOfTheHeart.com>

Jeanne Phelps Loehnis, Life Coach, Singer/Songwriter
 SongsForYourSpirit@new.rr.com, 920-858-3262,
<http://www.songsForYourSpirit.com>

What to bring: An open heart, mind, and soul, comfortable clothing, journal, water bottle, lunch and snacks that provide your body with energy and vitality

Sign up: **Space is limited.** Contact either leader with questions.
 Complete and mail this form with payment. To pay by Visa, Master Card, or Discover, contact Sarah directly at 262-249-1176.

You:

Mail to:

Name:	
Address:	
Phone:	
E-mail:	

*Spiritual Nourishment
 P.O. Box 97
 Springfield, WI 53176*

What is calling you to this personal journey at this time?

Please take a few minutes to respond to the questions below and send your responses with your registration form. Thank you!

1. How will you prepare your "real life" so you are free to commit Friday night through Saturday evening or Sunday for yourself?
2. What habits, beliefs, or experiences to-date support you in "living full-out" and "being all that you can be"?
3. What habits or beliefs hold you back?
4. What do you hope to receive during the retreat?