

Finding your truth; Awakening to a new phase of life.

*A retreat for women at any stage along the journey to
menopause.*

Join us for a one day retreat to connect with your wise inner self, discover internal resources and find new ways to reframe the menopausal process. Discover your own awakening.

The cost for this one day retreat is \$80. A \$20 deposit will reserve your space for the retreat.

Includes:

- lunch
- all course materials
- an opportunity to join a free follow up support group.
- [See Page 2 for more details](#)

For more information call:
603-759-1152



I am offering this one day retreat at two different times in 2009. Please select the date that works best for you:

Saturday June 27, 2009
9:30 AM – 4:30 PM

Saturday August 15, 2009
9:30 AM – 4:30 PM

Space is limited to 12 participants at each retreat. Please reserve your space today. A \$20 deposit will reserve your space.

Retreat will be held in Newbury, NH

Awaken from Wandering, LLC
Elizabeth Ashworth
603-759-1152

Email: elizabeth@awakenfromwandering.com



Elizabeth Ashworth is a Mind, Body, Spirit Life Coach and Energy Healer.

I work with clients who are seeking more out of life: more energy, more satisfaction, more creativity, and more passion.

Elizabeth's has extensive training in the following healing practices: Coach U Graduate, Intentional Self Healing Practitioner, Theta Healing Practitioner, 2nd Degree Reiki Practitioner, Craniosacral and Massage Therapist, Equine Massage Therapist, Herbology, and ULC Minister.

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The day will include:

- Discussions about our beliefs about menopause and how we can reframe them.
- Opportunity to share your personal journey:
 - ◊ What do you think about menopause?
 - ◊ What are your current experiences?
 - ◊ What do you feel about yourself?
- Energy and movement exercise for balancing and connecting with yourself
- Lunch
- Sacred circle: a discussion about what is important to you.
- Visioning your journey: meditation and artistic expression.
- Speak your truth. Share your vision work.
- Wrap up and next steps:
 - ◊ What creative focus will you bring into your journey?
 - ◊ What will you do to create sacred space for yourself?
 - ◊ Follow up support.

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