

SCHEDULE HIGHLIGHTS

Pre-Conference Webinar with Jill Hickman and Marla Regan: Stress & Time Management Strategies; Making Your Retreat Unique and Successful

Two Nights Lodging and All Meals Included

Principles of Self-Care with Jill Hickman

Feng Shui Principles : You are the Attractor Factor with Katherine Ashby

Global Heart Rhythm Drumming with Liz Plaster

EXPO: 2 Hours Friday and Saturday Nights

Creative Self-Expression with Art (Mosaics with Michele Patrick, Creative Collage with Kay Kemp or Beading with Connie Powers)

Special Guest Performances by Gospel Singer, Loretta Williams Gurnell

Mastermind Sessions at the Lake with Jill

FREE TIME Activities including hiking, meditation areas, canoeing, kayaking, massage, reflexology, skeet shooting, horseback riding, and more! Some activities are at no additional charge; others are an additional charge per person.



**Complete
Retreat Schedule
Available at
www.JillHickman.com**

WOMEN'S WELLNESS RETREAT

Jill Hickman Companies is honored to offer this retreat as a major fund-raising event for The Weathervane Foundation: a non-profit organization dedicated to the mission of providing funding for research into the cause and cure for breast cancer.

With sponsorship support, The Weathervane Foundation is raising funds for breast cancer research and enabling up to 10 participants from the Care, Share, and Be Aware Breast Cancer Support Group to participate in this retreat, gaining the necessary healing respite from their worries and the opportunity to learn new tips and strategies for ultimate self-care.

Contact Gayla Baechtold at The Weathervane Foundation for information on becoming a Women's Wellness Retreat Sponsor.

*Email: info@weathervanefoundation.org
Phone: 281-782-4793*



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Companies

WOMEN'S WELLNESS RETREAT

*Benefitting
The Weathervane
Foundation*

**Healing the Body,
Mind, and Soul**



November 5-7, 2010

Begins 9 a.m. Friday
Ends 2 p.m. Sunday

Location: Camp Allen
www.campallen.org

WOMEN'S WELLNESS RETREAT

REASONS TO ATTEND

- Take time for yourself: relax and rejuvenate in the healing embrace of nature.
- Design this retreat with individual activities of your own choosing to fit your unique interests, needs and desires.
- Experience the healing energies of ultimate self-care with group workshops focused on communication and self-expression, quiet reflection and meditation, and energy enhancement techniques.
- Empower yourself with the creativity of art, the magic of developing friendships and the support of a kind and loving group.

WHAT'S INCLUDED

- Two nights lodging and all meals at Camp Allen
 - Pre-retreat webinar: Stress & Time Management Principles; Preparing for a Unique and Successful Retreat Experience
 - All group workshops* in the Retreat Schedule, including your choice of either the Mosaics, Creative Collage or Beading Class
- *Some Free Time Activities are an additional charge per person)
- Admittance to EXPO with raffle and door prizes (Fri and Sat nights)

WORKSHOPS & PRESENTERS

- Pre-Retreat Webinar: Jill Hickman, *Stress & Time Management Strategies for Success*; Marla Regan, Professional Organizer, *Organized Time, Preparing for a Unique & Successful Retreat*
- Jill Hickman, *Retreat Welcome & Principles of Self-Care, Sat. Afternoon Mastermind Sessions at the Lake; Sun. Afternoon Retreat Closing*
- Fran Padgett, Founder, The Weathervane Foundation, *Friday Morning Keynote*
- Marla Regan, Professional Organizer, *Organized Time, Fri. Luncheon Speaker: Organize or Agonize*
- Katherine Ashby, Feng Shui Consultant, Feng Shui Houston, *Fri. Afternoon Workshop: You are the Attractor Factor*
- Liz Plaster, Founder, Positive Performance, *Fri. Free Time : Global Heart Rhythm Drumming*
- Kay Kemp, founder of Wild Heart Art, *Fri. Free Time: Walk the Labyrinth; Sat/Sun Workshop: Creative Collage; Sat. Afternoon Free Time: Wild Heart Arted Cards*
- Loretta Williams Gurnell, Gospel Singer/Songwriter, 2008-2009 Artist of the Year—Texas Gospel Announcer's Guild, *Fri. After-Dinner Performance*
- Michele Patrick, Mosaic Artist as seen on *Extreme Makeover: Home Edition, April 2010*, Mosaics by Michele, *Sat./Sun. Morning Workshops: Mirror Mosaics*

- Connie Powers, Jewelry Designer, Camp Allen, Saturday & Sunday Morning Workshops: *Beading Class (Silver Necklace with Cross, Bracelet and Earrings)*

EXPO HALL

- Win raffle and door prizes, 7-9 p.m. on Friday and Saturday nights
- Shop for the holidays: jewelry and accessories galore; pre-packaged, all-inclusive kits for the art enthusiasts on your list; fashions for everyone!
- Discover a means to start your own business with companies offering independent distributorship opportunities. Tap into the wisdom of these savvy businesswomen about their business start-up experiences.

REGISTRATION

\$599 per person, double occupancy
\$699 per person, single occupancy

EARLY BIRD (before August 15):

\$499 per person

TO REGISTER:

ONLINE:

JillHickman.com/online_registration

TELEPHONE:

Local Houston: 281-358-8580

Toll Free: 800-757-7965

EMAIL: Jill@JillHickman.com