



# *the ADDiva weekend retreat*

*an opportunity to allow yourself to be fully  
Who You Are and to shine!*

September 19-21, 2008  
GardenSpirit Guesthouse, Durham, NC

## Why are you trying to fit in when you were born to stand out?

Haven't you always known, deep down, that you were special - in a good way?

Well, now's the time to step into yourself fully, joyfully, gratefully!

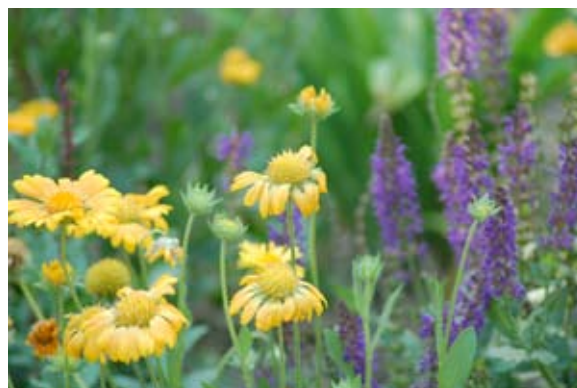
It's time to acknowledge yourself as the magnificent ADDiva you ARE!

## You're almost here...

GardenSpirit Guesthouse, the bluebirds and Linda Roggli are waiting for you. It's going to be an incredible weekend and we are SO glad you will be here on Friday afternoon.

Included in this packet is information about the Guesthouse, driving directions to the retreat house and some suggestions about what to bring with you and some ideas about some ways to prepare for this amazing weekend.

So let yourself be excited and reassured - you made the right choice!



The retreat begins at 6 pm Friday night  
and ends at 4 pm Sunday afternoon

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## Arriving at GardenSpirit Guesthouse

What time should I arrive at the Guesthouse?

You may move your belongings into your room any time after 3:00 pm on Friday. For earlier check-in, contact Linda.

How do I reach GardenSpirit by air?

The closest airport to GardenSpirit is the Raleigh Durham International Airport (RDU) located on I-40 midway between Durham, Raleigh and Chapel Hill.



If you are driving to GardenSpirit:

— From east of Durham (RDU, Raleigh, etc.)

I-40 West to Highway 147 North (toward Durham)

Take exit 16A, keep right onto Hillsborough Rd. entrance ramp -  
Exit 108D

LEFT at stoplight onto Hillsborough Rd. (2 lanes turn left)

RIGHT at second stop light onto Cole Mill Road

— From south of Durham (Chapel Hill, Pittsboro, etc.)

NC 15-501 north to Hillsborough Road exit (108D)

LEFT at stoplight onto Hillsborough Rd. (2 lanes turn left)

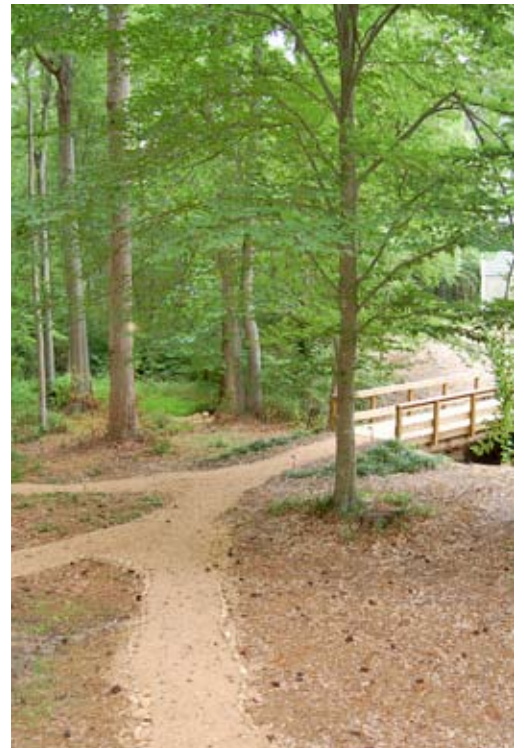
RIGHT at second stop light onto Cole Mill Road

— From west of Durham (Greensboro, Charlotte, Statesville, etc.)

I-85 North to Cole Mill Road exit (keep left when 147/15-501  
veers to right). Turn left onto Cole Mill Road at bottom of exit ramp

— From north of Durham (Oxford, Henderson, VA, etc.)

I-85 South to Cole Mill Road exit (immediately after the 15-501 exit  
- there is an exit lane for Cole Mill Road. Turn RIGHT onto Cole Mill.



FOLLOW REST OF DIRECTIONS ON NEXT PAGE.....

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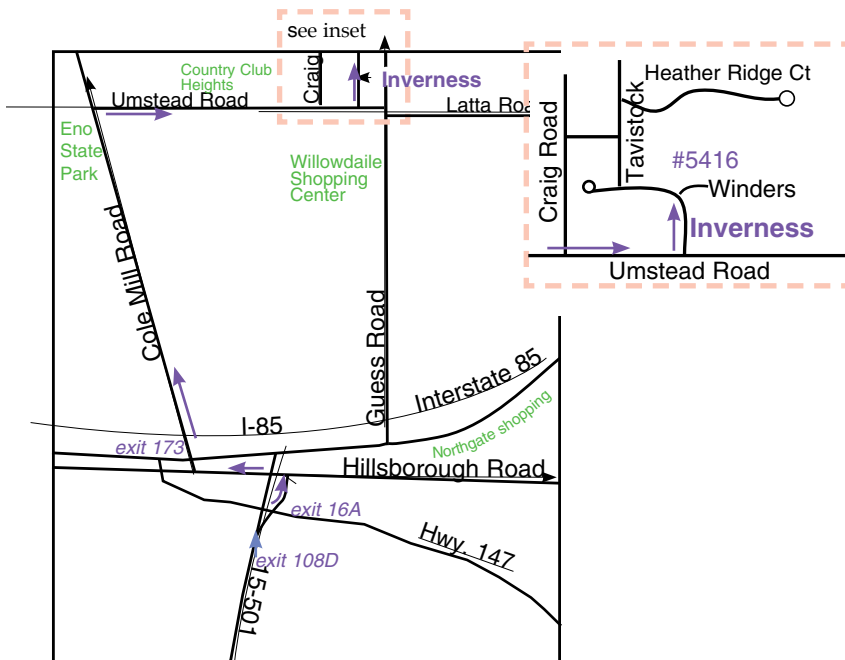
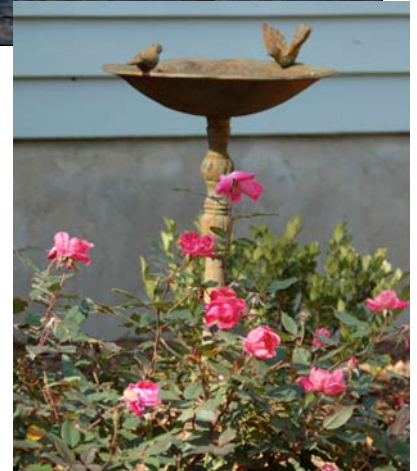
after you reach Cole Mill Road...

GO NORTH on Cole Mill for about 3 miles to stop light.

RIGHT on Umstead Road at stoplight (to left is Eno River State Park; wide green highway sign says Willowhaven CC) - there is a right turn lane at the stoplight.

LEFT on Inverness Drive (about 3/4 mile from the stoplight)  
Stay on Inverness as it curves to the left GardenSpirit Guesthouse is the only house on the block between Winders and Tavistock (house is on the right side).

Please take the SECOND driveway - the first one is a small pull-in for overflow traffic. Park in any of the marked parking spots in the gravel - please angle park and pull up all the way to the marker to make enough room for everyone.. Handicapped parking is on the concrete pad.



Phone numbers:  
919 309 - 0373 - GardenSpirit  
919 309 - 9300 - Linda office  
919 309 - 9403 - Linda home



"After working with Linda, I am living my dreams in so many areas!" - Belinda, Hillsborough, NC



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## Settling in

Where do I check in to the Guesthouse?

Your room assignment and key are on the half-round wicker table in the foyer of GardenSpirit Guesthouse, just inside the front door.

How do I find my room?

Each room has a name, e.g. "Tickled Pink." All bedrooms are on the second floor except for "Carolina on My Mind" (aka "the yellow bedroom"), which is on the first level.

What about bedding?

All bedding is provided; there are extra pillows in the closets. There are also beach towels in the second floor linen closet for use with the hot tub. And in the bedroom closets, you'll find soft white, Egyptian cotton bathrobes embroidered with the GardenSpirit logo for your use. These bathrobes are available for purchase should you want a memento of your stay.

Which bathroom do I use?

The first floor bedroom - "Carolina on My Mind" - uses the main bath located in the foyer. The upstairs hall bath serves "Tickled Pink" and "In the LimeLight;" and the master bath is for the use of guests in "Once in a Blue Room." Towels are color coded for each guest (so it's easier to keep track of which towel belongs to whom). There are two complete sets of towels for each person.



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## Retreat Q&A

### Can I bring food or snacks?

GardenSpirit has a full kitchen with a microwave, refrigerator, dishwasher and stove. So the answer is YES. However, all meals will be provided so there's no need to bring food unless you choose to do so. Coffee and tea are available 24/7, as is fresh spring water (use the RO spigot in the kitchen). Mid-afternoon and evening snacks are part of the retreat package. You won't go hungry!

### Should I bring anything else?

There's a short list of suggestions on the back page, but mostly the answer is "no." Bring personal items that are essential and that help you relax and feel comfortable. Please no recreational drugs or hard liquor!

### The house is non-smoking

Smokers may use the outside areas for a smoke break. Please be considerate and use ashtrays; dispose of ashes in an OUTSIDE trash container.

### Phone/internet service

There are three phones at GardenSpirit Guesthouse; local and domestic long distance calls are free. However, this is a retreat - try to limit calls to protect your tranquility. And please do not give out the number of the retreat house unless you absolutely need to so we can keep the "distractions" down to a roar.

Cell service depends on your provider. AT&T is usually accessible inside the house. There is high speed Internet access with wireless connection that is also free of charge, but again, allow yourself to be OUT of touch during a retreat. This is your chance to get away from that busy-busy world.

### Oops! I forgot my ...

There is a supply of necessities in a secret drawer in the first floor bathroom. Move the rug and pull the bottom compartment open for toothpaste, shower caps, shampoo, etc.



"If just one woman gets half as much out of your next retreat as I did from this one, it's all worth it!"  
--Trish, Dayton, OH

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## Tell me about GardenSpirit

At first glance, GardenSpirit Guesthouse looks much like any other suburban home: two stories, attached garage, back deck. But a purple door is the tip-off that this is no ordinary dwelling. This is a cottage-style guest house designed for retreats.

Every comfort has been thoughtfully considered -- plush blankets and huggable pillows, fresh flowers on every bedside table, hand-milled organic soaps-- it's all part of the GardenSpirit package!

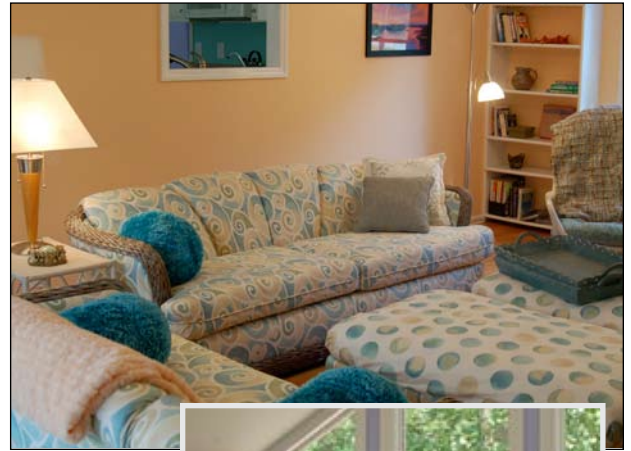
The house is full of color: sunny yellow, flamboyant purple, tender pink, warm coral. Living areas are comfortable and cozy: the family room has whimsical upholstered furniture and a warm fireplace with gas logs. The spacious periwinkle sunroom overlooks the private back yard and dense woods.

The GardenSpirit dining room/tea room is painted in two shades of purple with gorgeous hats on the wall. And the office/living room room is garden-inspired with comfy wicker and wrought iron furniture that is perfect for snuggling up with a good book.

The Magical Midnight Massage Nook is tucked into a corner, complete with twinkling lights and a sensational massage chair. And the Library contains books about relationship, spirituality and self-development. High speed Internet access is part of GardenSpirit; television (except for a flat-screen DVD player) is not. This is, after all, a retreat from that "other world."

The house encompasses four bedrooms: each room has a brand new pillow-top mattress, crisp white sheets and comfy pillows.

There are three full bathrooms in the house and an abundance of fluffy soft towels, color coded to each GardenSpirit guest. Full-sized closets in each bedroom offer hanging space for clothing. Each room also has at least one dresser as well as a writing desk. There is plenty of natural light via skylights, big windows and sliding doors.



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"I want to live here forever! It's like being in a fairy tale cottage." - Roxanne, Raleigh, NC



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## Tell me (more) about GardenSpirit

Outside, there are serene new decks with built-in seating and a view of the very private back yard. In the early morning or just before dark, you'll thrill to the honk of wild geese that fly across the sky and the herd of friendly deer that frolic in the forest. Songbirds regularly visit the many feeders on the property. The bluebirds are a special favorite.

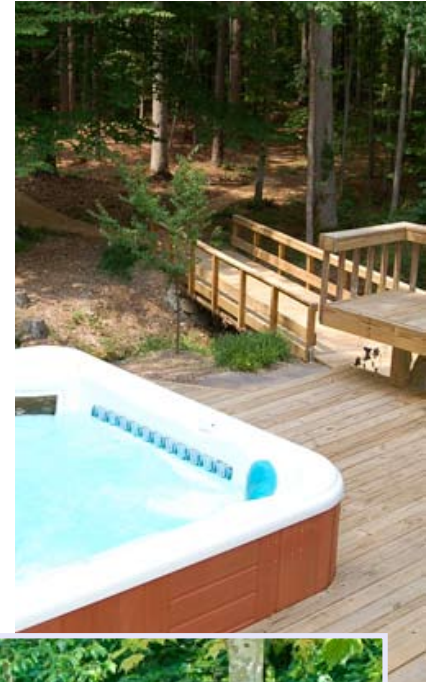
For an even more sensual and relaxing experience, slip into the oversized bubbling hot tub -- plenty of privacy, day or night!

Reach the GardenSpirit Treehouse via the broad bridge, crafted with cedar logs cut from the GardenSpirit property. Supported by pine trees, the treehouse is large enough for adults and is a perfect place for a journal writing session. The new deck is nice, too.

Follow the woodland path to access a network of peaceful meditation walkways created to calm your frazzled nerves and soothe your soul. At the back of the property is a seven-circuit Celtic labyrinth. Completed in spring of 2006, the 50-foot diameter labyrinth is constructed of three colors of hardwood mulch and outlined with rock and shells. At the center are five rough-hewn logs that provide a place for meditation and reflection. If you've never experienced the tranquility and surprising clarity of walking the labyrinth, you're in for a treat.

Security issues?

Although GardenSpirit Guesthouse is part of a suburban neighborhood, you can be assured of your safety. There is a security system installed in the house -- virtually an unnecessary precaution in this placid setting. Families routinely walk their dogs and exercise along the quiet streets during the day and evening.



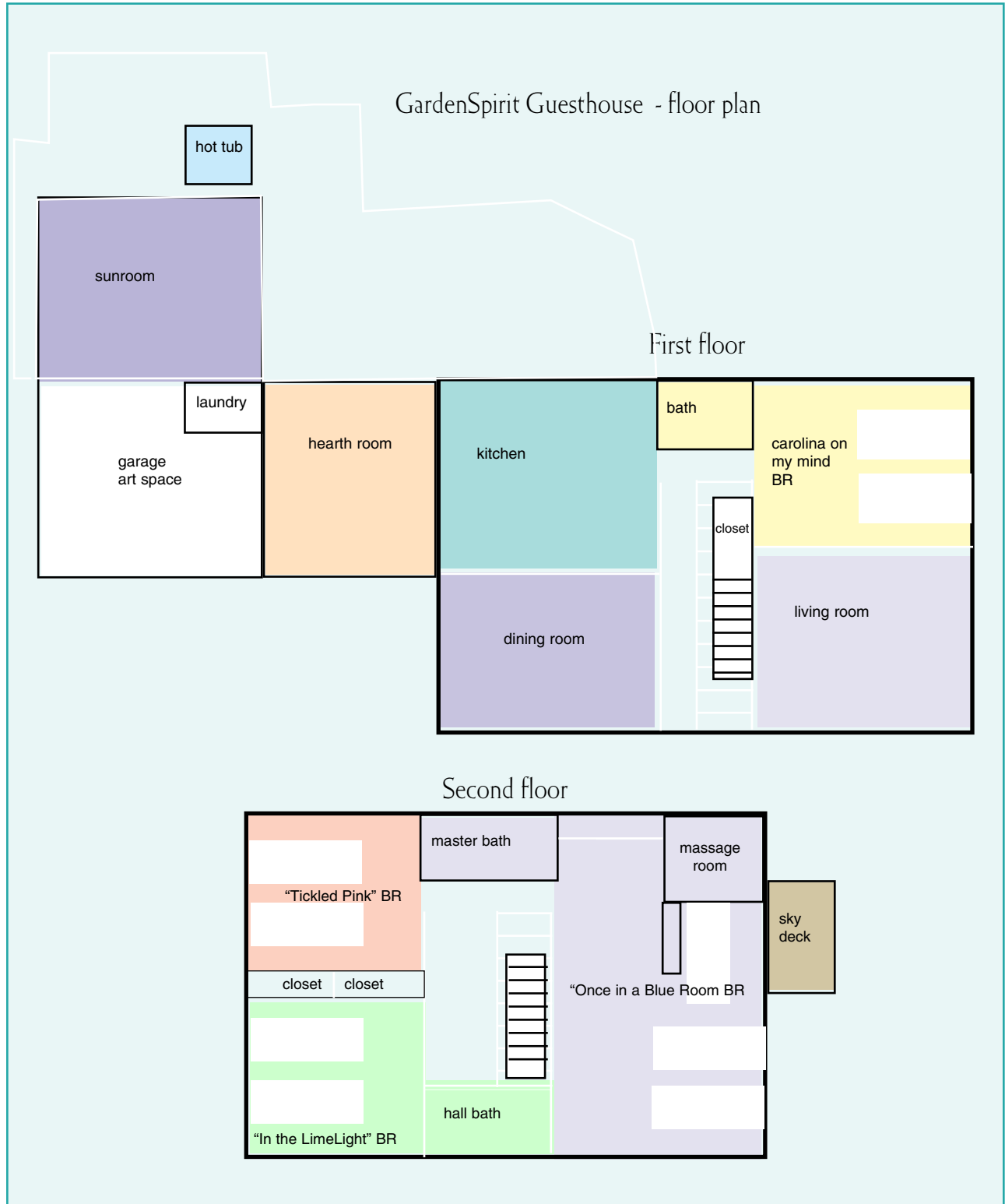
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*Walking the labyrinth*

"GardenSpirit Guesthouse is a safe haven for those who seek nurturance, knowledge and growth." - Michelle, WI

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“I leave renewed and refreshed, ready to go back to my life with a new enthusiasm!” — Amy, Durham, NC



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## What to bring (or not) checklist:

1. Comfortable, layered clothing
2. Swimsuit, for sunning or hot tub (or go au naturel)
3. Your own pillow, if you sleep better with it
4. Sunscreen
5. Map/directions to GardenSpirit Guesthouse



## And for the retreat experience:

Bring something (small) of yours that represents the best of you -- writing, art, a special photo of yourself or of someone/something special to you - in other words, a talisman. We'll share a little of ourselves with each other and allow that magnificent woman you harbor to emerge into a gracious, generous, welcoming space.

## Before-you-arrive "homeplay"

Allow yourself to "be with" your ADD-ish tendencies for a few quiet moments (um, maybe chaotic moments...) sometime before the retreat. Reflect on how your ADD has impacted your life, changed your plans, opened doors for you - or not. Jot down an intention for this retreat, if it feels right. Then, let yourself know that whatever comes up at this retreat for you will be 100% perfect.

With much affection,

Linda

Office: 919 - 309 - 9300

Home: 919 - 309 - 9403

GardenSpirit: 919 - 309 - 0373



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