



## How will you spend the next 365 days of your wild and precious life?

Will you awaken that magnificent woman within who dares to SHINE in 2006?

Will you (finally!) step into your Life Purpose and live the life you were meant to live?

Will you listen to your heart and then move forward with certainty and power?

## Revel in the sea air and renew your soul!

- ▼ Six days, five nights oceanfront (Tuesday-Sunday)
- ▼ Your own private room with fresh flowers
- ▼ Full body massage with a noted massage therapist
- ▼ "Heart Circles," dance, visualization, sharing, solitude, sand, SURPRISES!
- ▼ Live music with Patricia Caldwell, as she sings into her Tibetan bowl
- ▼ Gentle processes with Certified Life Coach and retreat facilitator Linda Roggli that will open your heart and clarify your life purpose
- ▼ Limited to the first eight FABULOUS women who register.
- ▼ All inclusive price \$1125 (massage, meals & snacks, music, coaching, retreat materials — everything except transportation)

*"I have been to a lot of retreats and amazing workshops, but this one tops them all because my gift from the sea was coming home to myself!"*

-Judy, Buffalo, NY



▲ Pelican House, ocean view

◀ Linda Roggli, beach view: minus makeup, plus curls in full sun squint!

*"Best money I ever spent on myself!"* -Mary, Dallas, TX

Sea Change: Dec. 27, 2005 - January 1, 2006

Pelican House, Emerald Isle, NC

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*plant your dreams; miracles will grow!*

*"If you are are hurried and slogging through life without purpose, you need this retreat!"* -Trish, Kettering, OH

# Sea Change Retreat schedule

- ▼ **Tuesday** - Arrival, Introductions, Settling In & Overview  
Introductions, orientation to Trinity Center, songs with Patricia  
The Inspired Learning model; "Be With" process
- ▼ **Wednesday** - "Who Are You?"  
Heart Circle, Telling Our Stories, Sacred Dance & Song
- ▼ **Thursday** - "Who Are You Becoming?"  
Opening yourself to the possibility of your life  
Guided visualization; Pippi Longstocking; Telling Our Stories Part 2  
Free time in afternoon/evening: massages/coaching/healing sound sessions
- ▼ **Friday** - "What Makes Your Heart Sing?"  
Dream boards, Your Three Wishes; (Afternoon free - massages/coaching  
and healing sound sessions)
- ▼ **Saturday** - "Where Are You Going and How Will You Get There?"  
Heart Circle, Part Two; the Magnificent Woman You Are Now;  
Who Did What to Whom?; Fabulous New Year's Eve celebration!
- ▼ **Sunday** - "Turning the Tide in 2006"  
Heart Circle Part Three, Closing Ceremony; Gifts from the Sea

Other activities: journaling, Dahn Hak, restorative yoga, Art Table, readings



Patricia sings to the dolphins.

*"Day to day living can deplete your heart reserves. Here, you will find yourself being filled back up to overflowing. You will learn so many things about yourself and know what it feels like to be totally accepted and loved."*

-Brooke, Bethesda, MD



The thrill of knowing your heart's desire

*"You will never be the same again. You'll see with new eyes, love more deeply than you ever thought possible and be loved unconditionally for being yourself! Trust the spirits and souls who enter. Let down. Be safe."*

-Susan, Knoxville, TN

## Retreat details

1. The **accent is on COMFORT** throughout the retreat. Dress is absolutely casual. Sweats, knits, jeans, T-shirts -- all good choices. In fact, you might even be brave and leave your makeup kit at home, too (or not!). Shoes will get sandy, so bring appropriate beach shoes or sneakers.
2. We will be doing some **gentle stretching**/yoga/relaxation, so if you have loose yoga clothing, you might want to bring it with you.
3. **Vegetarian meals** are available throughout the retreat. If you have special dietary requirements or allergies, the kitchen will accommodate them.
4. Cell service is variable, depending on the provider you use. Internet access is very limited. If you have a dial-up account, you can use the Pelican House phone for LOCAL or toll-free numbers only.
5. Remember, **this is a RETREAT** — give yourself permission to stay out of touch except in emergencies.

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*"You will know if you are meant to be here."* - Linda Roggli, retreat facilitator