

Born to be Extraordinary

ADDiva retreat
Durham, NC
June 10-15, 2016

Get ready to renew your soul!

The sheltering tranquility of towering North Carolina pine forests. The shimmering beauty of an azure sky. The reassurance of women who truly understand you. It's going to be an incredible week and we are SO glad you will join us at GardenSpirit Guesthouse on Friday afternoon, June 10, 2016.

It takes a special kind of person to throw caution to the wind and step into an intimate, life-changing experience with strangers in a strange land. That person is YOU. But no worries, we won't be strangers for long. And the peace and transformation that evolve from your presence and participation will quickly banish any fears you may harbor.

Welcome...and relax. You made the right choice.



ADDiva



"I felt loved and accepted from the moment I walked through the door " - Linda, GA

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When should I arrive/depart?

Friday, June 10, 2016

Arrive at GardenSpirit 12:00 pm - 3:30 pm

(flight should arrive at RDU no later than 2:00 pm)

Wednesday, June 15, 2016

Depart GardenSpirit: 2:00 pm

(flight should depart RDU no earlier than 4:00 pm)

It is VITALLY important that you arrive on time for the opening introductions and stay through the entire closing ceremony Wednesday morning. The healing and transformation processes require your presence. Please don't schedule your flight or plan your departure to leave early!

Note: RDU requires 90 minutes pre-arrival time for security and rental car drop off.

Some ADDivas prefer to arrive a day early so they don't have to worry about flight delays or traffic jams. We'll be happy to recommend a local hotel if you decide to arrive Thursday I am willing to open GardenSpirit Guesthouse Guesthouse a day early for four women before the retreat at modest cost.

If you arrive in the early afternoon, I invite you to take a walk around the property, lounge in the sunroom or family room and get to know the rest of the ADDivas. Shrug off the tension of travel; allow yourself to be fully present.



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"Thank you for believing in me and helping me to begin believing in myself!" - Kathy, NC

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GardenSpirit Guesthouse
5416 Inverness Drive
Durham, NC 27712



If you're flying to North Carolina

The closest airport to Durham is Raleigh-Durham International Airport (RDU). RDU is served by all major air carriers including American, Delta, Southwest/Air Tran, Jet Blue, United, US Airways, Frontier and Air Canada. Sometimes airfare is less expensive flying into Greensboro, but the driving distance is farther.



Durham is located 30 minutes from the Raleigh Durham International Airport. You may rent a car or take a taxi or Uber to GardenSpirit Guesthouse. We can provide transportation from the airport at a cost slightly less than local taxi service.



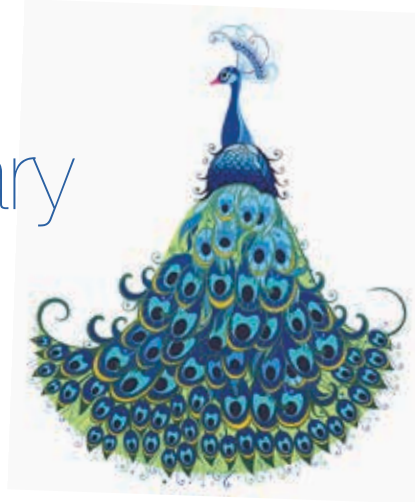
For your return, please note that you will need to allow at least 90 minutes before departure for security and rental car drop off. RDU is not a huge airport, so TSA lines move quickly.

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"It's soul-enriching, it's life-affirming and I am going home a different person." Marie, MI/FL

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If you're driving to GardenSpirit Guesthouse

The address for your GPS is 5416 Inverness Drive Durham, NC 27712

From points west: Take I-40, then I-85 East toward Durham. Take Exit 170 but do NOT follow the Pleasant Green Road directions; instead, stay straight on Business 70 to second traffic light. Turn LEFT onto Cole Mill Road. Turn LEFT at the next traffic light onto Umstead Road. Turn LEFT onto Inverness Drive (about 1 mile from Cole Mill). GardenSpirit Guesthouse is on the right at the top of the hairpin curve (go slowly). Look for the purple mailbox!

From points east: From I-40: Take Exit 279B to Highway 147 north toward Durham; exit at Highway 15-501 North toward I-85 N - Exit 16A. Keep left; turn LEFT at exit stop-light onto Hillsborough Road. Turn RIGHT onto Cole Mill Road. Travel 4 miles to traffic light. Turn RIGHT onto Umstead Road. Turn LEFT onto Inverness Drive; GardenSpirit is on the right at the top of the hairpin curve.

Warning: North Carolina troopers have the authority to strip you of your drivers license if you are caught speeding more than 10 miles over the speed limit. (Linda always drives nine mph over!)

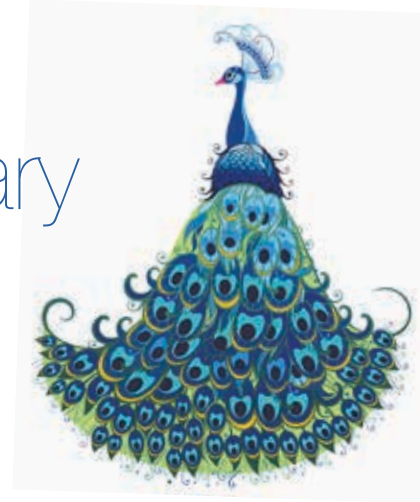


"It's the perfect combination of experience, setting, people and activities." Donna, NJ

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Arriving at GardenSpirit Guesthouse



You're here!

Park in any of the angled spaces, then come to the front door and let us know you're here!

First step?

"Check in" with Janine and/or Linda, get your first hug and find out where your room is at GardenSpirit Guesthouse.

We will help you unload your belongings via the garage.

You do NOT need to bring bedding, etc. Everything is furnished, including linens. Just move into your room, meet your roommate (if you have one) and relax!



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"I had forgotten who I was, what I was here for. Now, I do feel special thanks to this retreat." - Africa, IL

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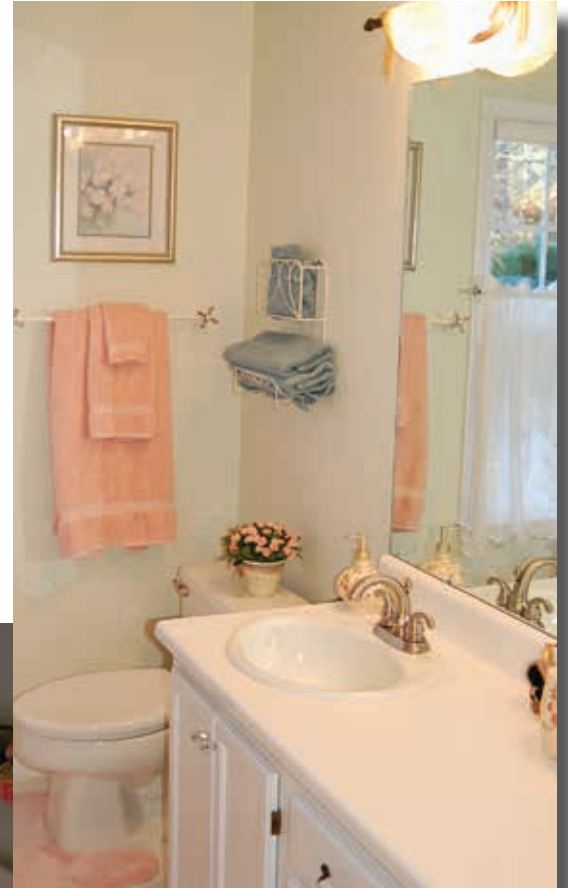


Settling into GardenSpirit Guesthouse

What about bathrooms and beds?

Upstairs bedrooms share a bath. There is one in the master suite (a shared room) and one in the hall for In the Limelight and Tickled Pink. The first floor bathroom is for everyone's use during the day but belongs to Carolina on My Mind (yellow bedroom) at night and early morning).

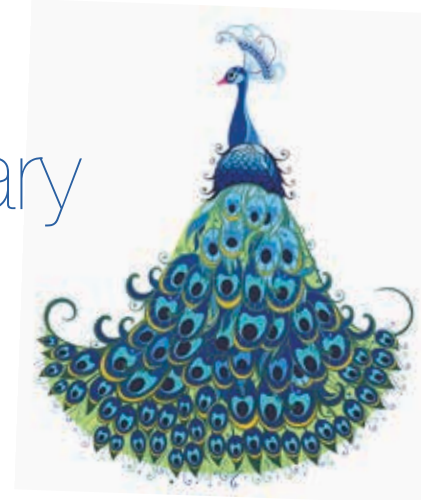
Your bed is already made with freshly-laundered sheets and comforter. Color coordinated towels are in your bathroom. If you sleep better with it, bring your own pillow, but there are plenty of pillows of all degrees of softness at the house.



"They really 'get me' and gave me tools to help me deal with my ADD." - Harriet, MD

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More GardenSpirit Guesthouse info

Phone & internet service

Cell reception depends entirely on your service provider (Verizon seems to be clearer than AT&T for some reason). Of course, the best phone call is NO phone call at all ... this is a RETREAT from the world, my dear! There is wireless internet access, but be careful about distractions at a time that is supposed to be YOURS.

Our building and sleeping areas are non-smoking

Smokers may use designated outside areas for a smoke break. Please be considerate and use the ashtrays. And NEVER toss cigarette butts on the ground. They are lethal to my fur babies (Sophie and Milli).

Emergency supplies

In case you forget something, there is an "Oops!" kit in the first floor bathroom bottom drawer with toothpaste and toothbrushes, deodorant and other necessities of life plus first aid supplies and sun screen.

Real emergencies

If there is a medical emergency, Duke Hospital is moments away from the retreat plus Duke Urgent Care. We will make sure you get there quickly and calmly.



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"It's awesome. I love it that there are a group of women who understand my ADD struggles." - Cathy, NC

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What about food?

Our chef pampers us all

Janine is our only-for-retreats chef. Together, we create healthy, organic menus that satisfy (but there's always room for chocolate, right?). Our meal times will be fairly regular, but will also have some flexibility for breakfast in particular.

I can't eat eggs/soy/dairy/shellfish, etc.

No worries. We will accommodate your dietary needs based on the survey you filled out (you did fill it out, right?).

Can I bring my own food?

Yes, but you'll need to store chilled items in the garage fridge - we have limited space in the kitchen one. Please please keep food off the floor! The dogs will help themselves (they got into a nasty habit of checking purses and bags during the last retreat- oh no!).

Let's eat out

The Triangle is internationally acclaimed for excellent food and we are especially enamored with several restaurants in Downtown Durham. We'll spend a night on the town Monday night.



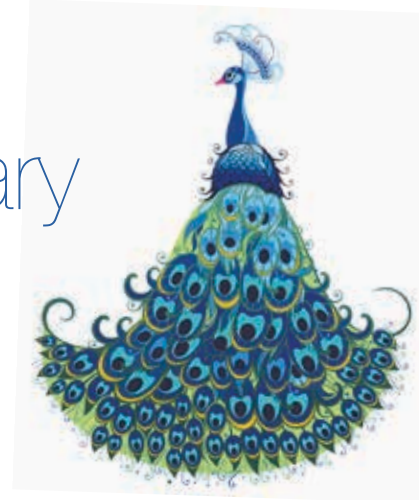
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"A renewed spirit, a bundle of joy ... I wish I didn't have to leave!" - Linda, SC

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What about the retreat?

We jump right in

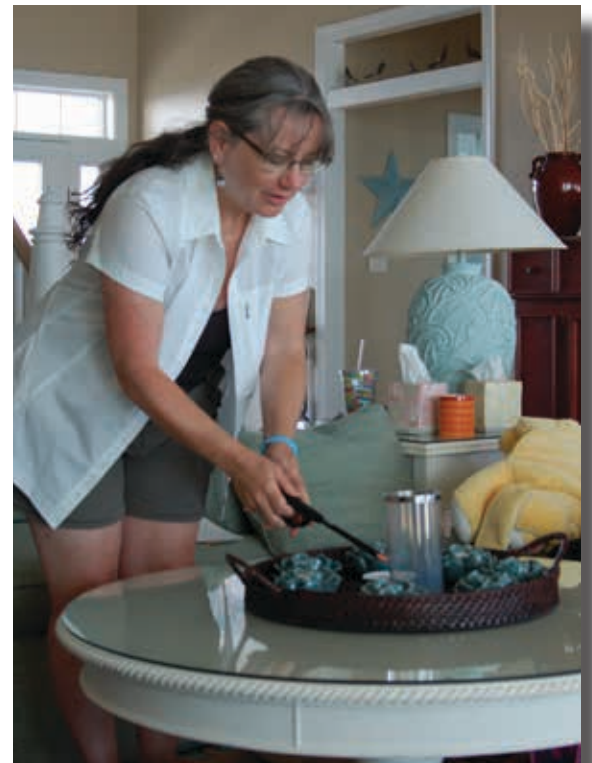
Friday afternoon we get acquainted and by Friday night we jump into the “meat” of the retreat with the “Standards of Presence” and sharing our stories.

When will we be “in session”?

There are retreat sessions morning, afternoon and evening every day of the retreat. This IS why you came to Durham - to move mountains, shake the cobwebs out and move fully into yourself.

Do I have to attend all the sessions?

Yes. Yes. Yes. Yes. Yes. Yes. Yes. Yes. Yes. Yes.
Affirmative. You bet. Absolutely. Positively. OK, you get the picture. We each bring unique and important energy to the circle. When one of us is missing, the circle is incomplete; there is a hole in our energy. So plan to be here ALL the time. Be fully present. Always.



Will I have to tell all my secrets?

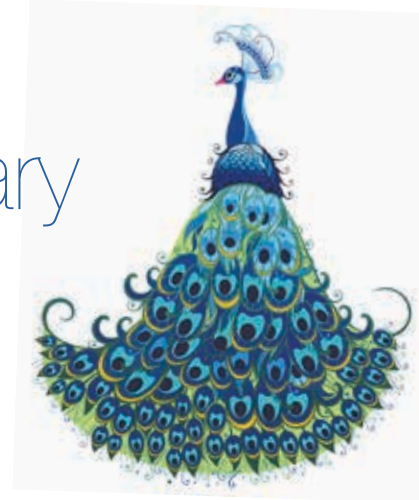
You have SECRETS?? ; -)

No, of course you don't have to share all your secrets. You share what feels comfortable to you. The only thing we ask is that what you DO share is authentic and genuine. This is no place for wearing a mask or pretending to be someone you THINK you should be. We are here as accepting and warm companions on your path. *And we know how to keep secrets, should they spill into a session.*

“My life has been 100% transformed ” - Michelle, WI

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What about having FUN?

All retreat and no play makes ADDivas cranky

We surely don't want that (and don't call me Shirley!).

We have generous breaks for meals so you have time for reflection, writing in your journal, sketching, playing in the art room, soaking in the hot tub or just plain old basking in the sun.

GardenSpirit Guesthouse also has a 60-foot outdoor labyrinth, more than a mile of meditation paths and a wonderful art space lovingly known as the Creative Cottage.



And of course we have an afternoon devoted to massages, coaching and general down time (all that transformation takes a lot of energy!).



Well, what about the weather?

You can count on hot, humid weather in North Carolina even in early summer. Usually the days are sunny and the afternoons have a hint of rain (sometimes blooming into a thunderstorm). We'll check the forecast daily (NC weather is notoriously fickle) and plan our activities accordingly.

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"Magnificent women-their stories touched the core of my being" - Pat B., Durham, NC

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What to bring (or not) checklist:

1. Comfortable, layered summer clothing including a light jacket
2. Sturdy shoes (we will be walking the labyrinth, etc.)
3. Your own pillow, if you sleep better with it
4. Sunscreen/ADDiva hat? (we will be outside)
6. Map/directions to GardenSpirit Guesthouse

And for the retreat experience:

If you are willing, bring something (small) that is revealing of the unique way ADHD shows up in your life. It might be a photo of a car you wrecked (like Linda!) or a blue ribbon that you won for creative art or a special quotation that comforts you or even a favorite timer that keeps you on track. We'll each share a little of our ADHD story and allow ourselves to bloom within our gracious, generous, welcoming space. If you forget, don't worry - there will be something in your suitcase that will work!



Before-you-arrive "homeplay"

Allow yourself to set an intention for your time at the retreat -- it can be kept private or you may choose to share it with the group. Write down your intention - bring it with you or keep it safe at home. Intentions come to fruition more easily if you commit them to paper. By the way - a journal will be furnished at the retreat as well as art materials, drawing pads and other creative inspirations. And please be sure you have completed the VIA Survey of Character Strengths,



With much affection and intention that you manifest exactly what you need,

Cell: 919 - 308 - 4879
Home: 919 - 309 - 9403
Office: 919 - 309 - 9300

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"It was even better than I expected and worth every penny!" - Shelley, OH