

Sea Change 2010

turning the tide of your life

women's transformational retreat
Emerald Isle, NC - oceanfront
September 12 - 16, 2010

Only you can change the course of your life.
So why aren't you doing it?

There are a million good reasons why you don't step in the fullness of Who You Really Are. None of them are good enough to stop you, though. After all, you're not 26, you're __ (fill in the blank). **You want to live your life's purpose NOW**, while you still have vim and vigor - and time.

Sea Change 2010 can be the turning point, a pivotal retreat that can open the door to the life you've always dreamed of, the one you deserve. And then you'll be able to answer the question with confidence:

"Tell me, what is it you plan to do with your one wild and precious life?"
** from "The Summer Day" by Mary Oliver*

- Four days and five nights oceanfront at Emerald Isle ◆
- Fresh flowers in your private room ◆
- All meals and snacks provided ◆
- Glorious full body massage ◆
- Facilitated "Full Presence Circles" ◆
- Processes and coaching with Linda Roggli, PCC ◆
- Everything included except personal transportation ◆
- www.lindaroggli.com/seachange10.com ◆



a passionate possibility. inc. retreat

"Linda has a gift for reaching people and touching that place that opens their hearts." Anne, Carrboro NC

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What's this retreat about?

From the moment you arrive (and are hugged gently and warmly by Linda), you will feel at home and safe at **Sea Change**. The theme is remembering Who You Really Are -- that magnificent woman who occasionally gets shuffled to the background while you go about living your life.

But you are more than your (very long) To Do List and meetings; more than having a Good Hair Day and getting dinner on the table; even more than taking care of your children, your husband, your partner. You deserve to take care of YOU. And that will allow you to reawaken that marvelous woman within you who dances on the sand and delights in the full moon.

Sea Change is really about giving you back to yourself. Inviting in the passion that has been pushed aside over the years. Stepping proudly into the woman who has an idea about where she's going ... guided by her heart.

Mind you, this is not about ambition, except in the most tender way. It's about motivation that springs up, surprising you with its power and ferocity. It's about the desire of your soul to be fully expressed while you're inhabiting this body, on this planet, at this time.

Ah, this retreat is about loving yourself again. It's about trusting the answers that lie quietly inside you. It's about support and camaraderie and laughter and tears and silence and music. In other words, it's a truly sacred time and place.

You WILL know if you are called to be at this retreat.
You'll know...



a beach labyrinth from seaweed



Lugging the luggage

"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



Walkway to the beach

ADDiva

919-309-9300

"In five days, I feel so comfortable and intimate with people I just met!" Marty, Jacksonville, IL

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Hey, isn't this an ADDiva retreat?

Yes ma'am, it is, but this is the first year Linda has combined her ADDiva retreats with her women's transformational retreats (but heck, who needs more transformation than us ADDivas??). Since GardenSpirit Guesthouse is still closed for retreats, she decided to open the retreat to ADDivas who are ready to move into Stage Three of women's ADHD.

What's Stage Three? Well most of us find out about our ADHD (or we strongly suspect it) and want to FIX IT by throwing everything at it: coaching, medication, meditation, acupuncture, downloadable classes, conferences, etc. After a while, we realize that ADHD isn't going away, no matter what we do (although we do get better at working WITH it). Then we move into acceptance of our ADD-ish ways and welcome its silly, maddening presences into our lives (because we have no choice!).

Women in Stage Three are ready to move on with their lives. ADHD can't stop you from living your dreams IF you even remember them. Coping with our ADHD takes a huge effort and captures our straying attention for years. So, when you get ready to move forward, sometimes you have forgotten your dreams. Or you don't believe they can be realized at this late stage. Or you're discouraged, confused and stuck.

That's the perfect time for a Sea Change retreat. As you've read throughout this brochure, Sea Change is about returning to yourself, that self that has NOTHING to do with ADHD. This is Linda's passion: opening the door for ADHD women to trust themselves again, to rediscover their own passion and purpose. And to help them lead the lives they have always ALWAYS deserved to live. It's truly an awesome experience to "wake up" to yourself with renewed excitement and optimism.

So yes, this is an ADDiva retreat, a very special one. You will have a chance to connect with other ADDiva women who hunger for a deeper meaning to their lives. We will have an opportunity for some ADHD education and conversation (maybe a lot of it) and we will maintain our focus on transformation and positivity. *Whew. This sounds GREAT. Linda wants to come to her own retreat! Oh, yeah. She IS coming to the retreat. Are you?*

ADDiva



ADDiva retreats create strong friendships

Reading about the retreat on the internet, I cried. I KNEW I had to be here and my experience was AMAZING! I encourage ADDivas to attend.

--Tracy, Chicago, IL



No make-up is a nightmare for Janie, but she stepped out of her comfort zone!

"I am learning to accept kind words and focus on the (positive) 98%." Tracy, Chicago IL

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Tell me about accommodations

Crystal Sands is a beautiful, three-story private beach house that overlooks North Carolina's stunning coastline.

The house contains six bedrooms, four with queen-sized beds, the master suite (Linda's room) and one with bunk beds. Two of the bedrooms are located in the lower level apartment, which has its own kitchen, dining area and living room with direct access to the beach deck. The other bedrooms are located on the second and third floors. There are four full bathrooms in the house. With such a high ratio of bathrooms to women, sharing is never a problem.

As with many beach houses, the main entrance is at the second level, which is atop a high sand dune. That means a lot of stairs to the front door - sorry, no wheelchair access at this house.

Crystal Sands has a spacious, open floor plan with a vaulted living room and magnificent two-story window that lets you feel like you're on the beach even when you're inside! The house is beautifully appointed with a dining area, breakfast nook, upstairs loft and plenty of beach-y furnishings in wicker and rattan.

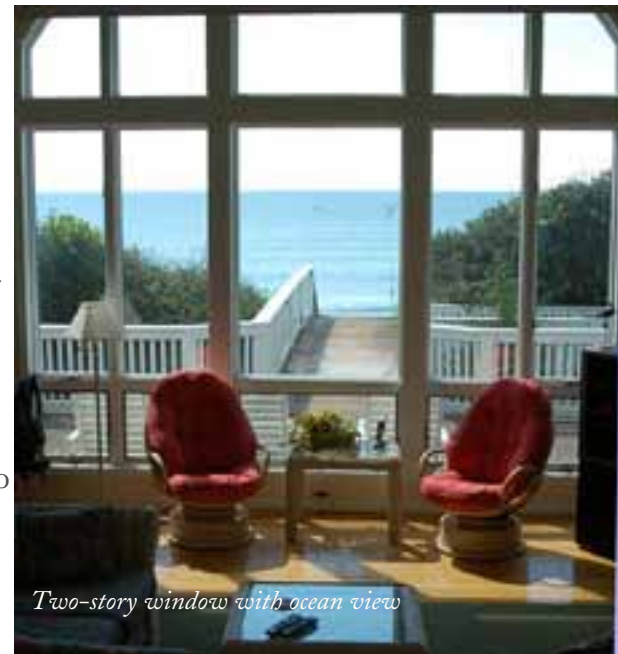
Meals will be served in the dining area adjacent to the gourmet kitchen on the main level. There are full laundry facilities but all linens, bedding and beach towels are provided. Just bring yourself and your clothes!

There is direct beach access from the house via a series of multi-level decks, each with their own special vantage point and deck chairs. There is an outdoor shower for rinsing off sand and salt water, too!

The spirit of the house is welcoming and warm, the perfect setting for transformation, connection and tranquility.

linda@lindaroggli.com

ADADiva



Two-story window with ocean view



Green bedroom, main level



Dining room

"You never be the same again. Linda makes magic at her retreats" - Susan, Knoxville, TN

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Tell me about Linda

Linda lives her own dream-come-true by hosting retreats for women to help them live their own dreams-come-true! In a couple of her many previous lives, she was a professional writer and the owner of a small, successful advertising agency, before making a heart choice to move in a fresh new direction.

Since 2001 she has completely transformed her life beginning with retreat facilitation training in the Conversations with God's Leadership Education Program, where she worked directly with Neale Donald Walsch, author of the CwG books.

Linda completed life coaching training and certification through Coach for Life, a spirit-based coaching program accredited by the International Coach Federation (ICF) in 2005. She holds credentials as a Professional Certified Coach through ICF.

She began to specialize in coaching midlife women with ADHD (Attention Deficit Hyperactivity Disorder) early in 2006 and has taken post certification courses in ADD coaching. She founded the ADDiva Network as a support system for women with ADD in 2007.

Linda also holds certification as a Speaking Circles facilitator; she uses the Full Presence circle concept as a powerful part of her retreats.

Her approach to women's retreats is simple: open the space to possibility and miracles will happen. It's not about Linda, necessarily. She opens the door and invites women to walk through to become their fullest, most vibrant selves. The women who are ready are the ones who show up. It's the Law of Attraction in its most vibrant expression.

And by the end of each and every retreat, the women who attend heal each other with their stories, their support and their trust.

It's an amazing transformation, one that encourages honesty, self examination and celebration!

ADDiva



beach hair is curly hair!

"(Linda) you most amazing woman, you! You've learned how to open souls and heal them with the light of other souls, including your own. You have a most marvelous gift ... soul whispering."

--Africa R. Palatine, IL



"Thank you for coming into my life. You are teaching me to listen to what I value instead of comparing myself to everyone else. What a gift!"

--Mary, Raleigh NC

"Having a facilitator who leads while giving others the opportunity to heal is amazing." - Lisa, Nova Scotia

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Retreat schedule (tentative, of course) (meals & snacks added at appropriate times)

▼ Sunday

4:00 pm - Arrival, Settling In

7:30 - 10:00 pm - Orientation to Crystal Sands; Introductions.

The Standards of Presence and the power of positivity

▼ Monday

9:00 am - "Rediscovering Who You Are Today"

Connection & Morning check-in; Full Presence Circle

2:00 pm - "Choose Again" /telling our stories

7:30 pm - 9 pm - The whisper of your heart song

▼ Tuesday

9:00 am - Dare to dream/dream boards

2:00 pm - Relationships and your dreams

8:00 - 9:30 pm - Savasana yoga, telling our stories

▼ Wednesday

9:00 am - Journey In, our stories, that pesky ADD

12:30 - 7:00 pm - Lunch, massages, coaching, free time

7:30 pm - Celebration dinner with wild dancing & singing!

9:00 pm - Setting intentions; keeping your commitments

▼ Thursday

9:00 am - Trusting yourself; manifesting your dreams

2:00 pm - Closing ceremony

The essential packing list for Sea Change:

Your deepest intention to make this retreat a personal transformation, at whatever level you seek.

Your willingness to let go of your notions about what this time will be for you and allow it to be whatever you need in the moment.

You. Bring YOU to this time and space. Fully. Beautifully. Lovingly. So that you can manifest exactly what you need from this retreat.



discovering your heart's passion

"Linda saved my life ...
So don't hesitate. Do it.
Sign up and be at this retreat.
Your life can begin again!"
-Carolyn, NC



ADDiva

"We give you all kinds of 'stuff' and we get back positive acknowledgment and love " - Esther, San Diego, CA

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Tell me about money \$\$\$\$\$

Some retreats show only their price for the retreat, not food or accommodations, so you have to figure out exactly how much the TOTAL price will be. We include EVERYTHING in our price - retreat, materials, massage, flowers, food, accommodations, snacks, surprises... all you have to do is figure out how to GET here and pay for that separately. Simple, eh?

Beach retreats aren't all the same. Linda has been to many, many retreats and knows that a "beach" retreat usually means "near" the beach or "within walking distance" of the ocean. At Sea Change, the coastline is your front yard, a vista that spans horizon to horizon. "Beach" isn't the same as "oceanfront." "Beach" can mean second row, third row, fourth row..far from the sand and sea. Linda loves to wake up in the morning and walk on the beach... right off the deck. Isn't that the POINT of being at the beach??

Oceanfront hotels on Emerald Isle rent for \$200 a night. That's a budget room with no food included. For five nights, the price would be \$1000+ for an oceanfront hotel room at Emerald Isle. **Crystal Sands is a luxury beach private beach house. In mid-summer this house rents for \$5000 a week** (about \$700 a night). By waiting until fall, the price is more reasonable and we can afford to stay here at modest cost.

You get food, materials and massage at Linda's cost. No mark-up, no price-gouging. It's a simple formula that allows Linda to meet expenses and provide excellent retreat facilitation.

The bottom line? **\$1395 for Sea Change 2010**
Food, massage, oceanfront beach house, materials, flowers, linens, housekeeping & more surprises!



Crystal Sands has plenty of places to lounge



Bedrooms may be reserved in advance; beachfront rooms go quickly.

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

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OK, I think I'm ready to sign up. I need more details!

1. The accent is on COMFORT throughout the retreat. Dress is absolutely casual. Sweats, knits, jeans, shorts, T-shirts -- all good choices. In fact, you might even be brave and leave your makeup kit at home, too (more about that later...). Shoes will get sandy, so bring appropriate beach shoes or sneakers.

2. The weather in September will be warm to HOT and the water is still warm enough for swimming. Bring a swimsuit if you like. Although the sun is at a more obtuse angle, sun protection is always advisable.

3. If you have special dietary requirements or allergies, we will make every effort to accommodate them.

4. Bring snacks if you like. There are two kitchens and plenty of cabinet space. You can stop at Food Lion or Lowe's Food on the way to Crystal Sands.

5. Since Emerald Isle is a barrier island, there is no direct airport transportation. The closest airport is Wilmington, which is about 90 minutes by car. If flights are not available into Wilmington, there are usually good connections into Raleigh-Durham International (RDU) which is a 3-hour drive to Crystal Sands. Somehow carpools emerge and everyone gets to Emerald Isle in plenty of time. You'll receive information about available carpools after you register. Transportation is NOT included in retreat fees.



6. When you make travel arrangements, make sure your plane lands at RDU no later than noon (12 pm) Sunday, September 13 to allow enough time to pick up your rental car or meet your carpool mates. From Wilmington, try to arrive no later than 1:30 pm. We will begin our first session at 4:00 that afternoon.

7. Our last session ends at 2 pm on Thursday, September 17, so your flight from RDU should leave no earlier than 7 pm. Your departure from Wilmington should be no earlier than 5:30 pm. **It is vitally important that you stay through the end of the retreat. You may choose to extend your stay by one day at nominal cost (optional).**

8. Cell service is variable, at the beach, depending on your carrier, but there is Internet access at the house.

9. Remember, this is a RETREAT – give yourself permission to stay out of touch except in emergencies.



watch dolphins frolic!

If you have questions that aren't answered here, call Linda at (919) 309-9300 or linda@addiva.net

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