

The Fine Print.....

Note: **Rooms will be assigned on a first come, first serve basis** determined by receipt of full payment from **all persons** sharing the room. Some rooms have private baths, but go quickly. There are 10 baths available for 14 rooms.

Early check in: Please inform the innkeeper if you plan to arrive before 2 PM on May 14 by calling 216-970-4552. Check out on Sunday is also flexible with advanced notice

Meals include Friday snack, 2 hearty breakfasts, Saturday lunch and Saturday dinner. ***An optional afternoon tea with soup is available late Friday afternoon for \$12.*** Please note if you have special dietary needs.

Cancellation Policy: **Full refund if cancelled before April 1, 2011.** After this date a refund will be issued ONLY if the room is re-sold.

Bring: Your journal, pen, yoga mat, a shawl or lg. scarf & walking shoes
FINAL REGISTRATION DEADLINE: May 6, 2011

Our location is **Idlewyld Bed and Breakfast** – the grand 19th century home of Innkeepers Joan and Dan Barris, filled with friendly atmosphere and timeless charm. There will be plenty of time to watch the world go by in a **comfy rocker** on the wrap-around porch. Located in the central shopping district. You can walk to Lake Erie in less than 2 minutes!

Check out www.idlewyldBB.com



2011 Women's Retreat at Lakeside on Lake Erie



"All that I AM"

May 13-15, 2011

Idlewyld Bed & Breakfast

350 Walnut Ave.

Lakeside, Ohio

(on Lake Erie near the Marblehead Peninsula)

Details and Online Registration at

www.theIndigoConnection.com

440-238-4731



All that I AM
May 13-15, 2011

The vision: to explore reflections of divine femininity that exist within each of us. Tap into our awareness to create a positive purposeful and lasting legacy. Laugh, reflect, rest, heal and be accepted by our sisters as we experience and share positive energy, natural beauty, connection and fabulous food.

Bonus Option– arrive on Thurs. evening for an extra night and dutch treat dinner at **Mon Ami Winery**. On Friday 9:30-3:00 be part of a participative workshop to inspire you to reach further in service through sharing stories, articles and publishing books. **You will also be invited to participate in a collaborative book project which will result in being a published author!** Don't forget to register for the fabulous optional 4:30 PM afternoon tea and soup welcome supper gathering at **Idlewyld B&B**. Otherwise Friday dinner is on your own. Retreat begins at 7PM.

Friday May 13 – Idlewyld Dining Area

- 7PM **Welcome & Opening Ceremony**
"Begin with the End in Mind" Rev. Betsy Muller, MBA, CEHP, EFT Cert.
- 8PM **Exploring the Divine Feminine - ALL that I AM! (bring a feminine image that inspires you)**
Betsy Muller, MBA, CEHP, EFT Cert.
Mary Ellen Ott, BA, MEd, Certified Hypnotherapist
- 8:30 PM **Creating Your Personal Life Mission Statement**
Mary Ellen Ott, BA, MEd, Certified Hypnotherapist

Saturday May 14 – Fountain Inn – Green Room

- 7:00 AM Optional morning stretch and walk – Meet on Porch
7:30 Breakfast is served – Idlewyld B&B
8:30 Morning Circle – Green Room, Fountain Inn
9:15 **Tame Your Inner Critic: Transforming Your Life**
Facilitated by Sherry O'Brien, LCSW, DCEP, Certified Hypnotherapist
- 11:00 **Break**
11:15 **Unwind your Belly** (Yoga mats needed)
Mary Ellen Derwis-Balaz Lmt., Cht.
- 1:00 **Lunch Break** (pick up your lunches at Idlewyld)
FREE TIME: Nap, Play, Explore or schedule a healing session
- 6:00 **Dinner and Clean-up**
7:00 **Evening Circle** -- Green Room
7:30 **Introduction to Belly Dance, The Dance of Empowerment**
Nancy Loyan Schuemann (aka: Nailah)
- 9:30 **Wine, snacks and social Time** – Idlewyld B&B
BYOB for sharing. Maybe a chick flick too????

Sunday May 15

- 7:30AM Morning Stretch/Walk – Meet on the porch
8:00-8:50 Breakfast at your leisure - Idlewyld B&B
9:00 **Morning Circle**
9:30 **Let Go of the "Stuff"; Keep the Memories**– Green Room
Judy DuShane, PhD
- 10:45 **Break – Group Photo**
11 AM **Closing Activity** – Creative Reflections of All that I AM"

12:30 PM: Retreat Concludes. Complete Feedback forms. Feel free to plan a late check out. Save the date for next year!

Registration Form

Name _____ Phone: _____

Address: _____ Zip: _____

Indigo Connection Member? Y/N E-mail for confirmation: _____

Please check desired selections - your reservation will be confirmed by e-mail

Retreat fee ONLY – Incl. workshops, meals, snacks, drinks and activities
Early Bird Retreat FEE Only- **no B&B room** ___ \$219

Retreat + B&B Room (2 nights at Idlewyld B&B, plus all meals & activities per above)

Member Early Bird Double room	___ \$369
Member Early Bird Private room	___ \$399
Non- Member Early Bird Double	___ \$389
Non-Member Early Bird Single	___ \$419

Optional ADD ONS

Friday 4:30 Welcome TEA -appetizer, fruit, salad, soup and dessert ___\$12

Extra Night Single + Writer's Workshop "Change the World With Your Words" Seminar

includes room, seminar, breakfast 5/13 and activities

Member Rate	___ \$149 single	___ \$139 double
Non-Members	___ \$169 single	___ \$159 double

"Change the World With Your Words" Seminar ONLY 9:30 - 3PM ___ \$69

If you would like to pay your balance by credit card, please call 440-238-4731

Please list names of roommates below, if applicable

Any dietary restrictions we should be aware of?

Register Online: Send email to betsy@theindigoconnection.com for your link or go to the May Events Calendar

Rooms will be assigned on a first come, first serve basis. Full payment must be received by ALL parties sharing the room to finalize the reservation. **Payment in Full is required to complete reservation** Reservations DEADLINE May 6

2011 Lakeside Indigo Connection Retreat Presenters and Topics:



Rev. Betsy Muller, MBA, CEC, CEHP, EFT Cert. - Host and Lead Facilitator

Betsy is the founder of The Indigo Connection LLC. Holistic life and business coach, spiritual leader, speaker and author, Betsy integrates energy, healing, nature and spiritual guidance into all facets of her work. 2011 Marks her 5th year leading this Lakeside Women's Retreat.

May 13 Opening Ceremony

All that I AM! Exploring the Divine Feminine

May 14 Circle Facilitation/Individual Healing Sessions

May 15 Morning Circle/Closing Activity



Mary Ellen Ott MEd, RCC, CHT

Mary Ellen is a Registered Corporate Coach/Life Coach and Certified Hypnotherapist. Her credentials include a B. A. in Sociology, John Carroll University; M.Ed., Ashland University; Registered Corporate Coach, Worldwide Association of Business Coaches; Certified Hypnotherapist, International Medical and Dental Hypnotherapy Association; presently a student in Yoga teacher training

May 13 Creating and Integrating YOUR Powerful Mission

Mary Ellen will help us relax into our weekend *by leading participants in a guided exercise to help connect to a powerful life mission statement.*

May 15 *Mary Ellen will assist Betsy with the closing message and a powerful energetic shift to allow for participants to fully embrace their unique mission as they return to home and work.*



Sherry O'Brian, LCSW, NBCCH, DCEP

Sole proprietor of Mind/Body/Spirit Inner-grations, Sherry specializes in personal growth & transformation; as well as working with those suffering from chronic illness, grief/loss & other emotional disorders. She also facilitates retreats for The Peaceful Woman organization; is the acting director for Women Empowering Women Network; as well as develops seminars & workshops on mind/body/spirit healing as an independent contractor for several professional organizations.

May 14 Tame Your Inner Critic: Transforming Your Life

Release the expectations, comparisons, judgments, obligations, & negative self-talk that sabotage you from becoming all you were meant to be. Learn to rewrite the software of your mind & consciously co-create the life you desire. You will experience guided imagery & meditation exercises, Emotional Freedom Techniques, journaling & healing rituals designed to assist you in taming your inner critic. Learn to mend your internal dialogue & create balance within. Make a commitment to create a healthy relationship with yourself once & for all!

Cheryl Kloscak – Our Retreat Caterer

Cheryl completed the 2 year Certification at Cuyahoga Community College Culinary Program, and has been the Sole Owner/Chef of **Chef In Attendance** since 2008. For the past 2 summers she has also worked as chef and instructor at Lorenzo's Culinary School in Lakeside, OH. Cheryl will be preparing our delicious lunches and dinners on Saturday.



Mary Ellen Derwis-Balaz Lmt., Cht.

Mary Ellen is a Reiki Master, Licensed Massothesapist, certified Hypnotherapist, NCBTMB Instructor and Certified Practitioner with the Universal Healing Tao. Her immersion in the healing arts spans 2+ decades. She has traveled coast to coast and Hawai'i to study with teachers of many disciplines in order to develop a cohesive healing system

that supports many different paths to self healing.

May 14 Unwind the Belly The old Taoist masters believed that everything begins in the belly. They were right, we begin our existence in our mother's belly and ultimately become ourselves and strike out on our own. But in that process somewhere we have forgotten how important our bellies are to our health. Using self-care practices from ancient Taoist and Chinese medicine, we will strengthen the energy of the belly and its organs with breath, meditation and self massage. We might just have a belly laugh too. Bring your yoga mats!



Nancy Loyan Schuemann (aka: Nailah)

Nailah has studied and performed the art of Middle Eastern belly dance for over 20 years. In Summer 2008, she traveled to Egypt to attend the Ahlan Wa Sahlan dance festival in Cairo. She studied with Egypt's greatest dancers, and had the pleasure of dancing a solo on a Nile River cruise ship. For three "Seasons" she has been an instructor at the esteemed Chautauqua Institution in Chautauqua, New York. She has presented workshops at dance seminars around the country

and has taught at Lakeside, as well. Nancy is also a professional writer and published author.

May 14 The Dance of Empowerment Middle Eastern belly dance offers both physical (isometric and aerobic) and psychological (stress relief, heightened self-esteem) benefits for women of all ages. Become more accepting of your body and its abilities. Gain confidence. Dance burns calories, teaches an ancient folk art, bonds women and is a fun alternative to exercise class. Naila will give us an introduction to the ancient art of Middle Eastern belly dance, perform a full cabaret routine (zills, veil, sword, improv) and then offer an introductory dance experience to participants. We will cover head, chest, hip movements, traveling steps, and shimmies with a few exciting props in this light-hearted and fun class. No experience necessary!



Judy DuShane PhD

Judy, now retired, worked in education for 35 plus years and taught just about everything from 4th grade to graduate school. She has a doctorate in education and psychology and has done workshops in many different venues and on diverse topics. Most of her recent topics have come from issues in her own life.

May 15: Let Go of the Stuff - Keep the Memories". In order to get on with our most perfect life, sometimes we need to let go of things that weigh us down. Clutter can do that. In this workshop you will find ways to sort and select stuff to simplify your life. A written activity called "The Continuum of Attachment " will help you identify the categories of "stuff" that bug you and a process will be given on how to approach de-cluttering. Hints for releasing, recycling and repurposing will be provided. There will be sharing time and a guided visualization to help you on your way to a more sacred space. We also will look at ways to honor who we have been through the keeping the memories alive.