



AND THE POWER OF YOU.

Write Your Own Story

JANUARY 13, 14, & 15, 2017
HEIDEL HOUSE, GREEN LAKE, WI

We often get caught up in our day to day activities and are unable to see who we are. By taking a few days of reflection and looking within, you have the opportunity to see your life as it is today and what it can be going forward. As you want your values to live on, it is how you live your life that is remembered.

Take this time to....Write Your Story!!



Please join us for a few wonderful, relaxing days meant just for you! A time to reflect on your life's story. A time to reflect on how your life's story reads so far. A time to reflect on how your life reflects on others. A time to imagine how you want your life's story to continue...



Heidel House Resort & Spa
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The focus on you starts...

Friday, January 13th check-in at The Heidel House between the hours of 2:00pm – 3:30pm.

During this retreat, meant for you, we begin Friday evening, at the spa by clearing our mind and spirit of lingering thoughts which interrupt the discovery of "your story". We will indulge in a light dinner and wine in the reflection room.

Saturday, January 14th You have an opportunity to stretch start your creative juices with yoga, followed by a light breakfast.

We begin by looking at your life's key milestones that shaped your character and brought you to today. From here we will do continuous activities to discover who you are today and visualize the person others see. This will give you the opportunity to "Write Your Story"!

Sunday, January 15th begins with an activity to stimulate your mind, body and spirit, followed with the book "review." You pull all the pieces together, reflect and focus on "Your Story" and how to bring it to life.

Retreat Sponsors:



All events are casual and comfortable. The focus is to relax, reflect and rejuvenate. Please dress comfortably.

We are fortunate to have a number of sponsors who support this weekend of personal growth. They made it possible to offer this retreat for \$200. This includes three days of intense growth, learning materials and meals. Not to mention an opportunity to focus on YOU! (This fee does not include your lodging).

Book early, Heidel House has a room block until **January 2**. While they may allow bookings after this date, they will not guarantee this reduced fee and we need to prepare our materials. The earlier you book, the better. Your lodging rate is an unbelievable \$79/night.

Book your retreat at our website: www.powerofyourjourney.com



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Check out our website
for frequently asked
questions....
or send us an email.
info@powerofyourjourney.com