

# Living and Leading with Heart

2nd annual weekend retreat for women

This year's focus, *Women as Community Makers*, invites us to move from "me to we" as we explore:

*What do I bring to community?*

*How does community support who I am, and am becoming?*

Our established framework of circle conversation, paired dialogue, personal reflection, meditation and creative process, and some newly designed elements, invite us to:

- ◆ *Come Together and Make Connections*
- ◆ *Recognize the Conditions that Help Us Bring Our Best to Community*
- ◆ *Move Forward with Wise Action*

**When:** Friday, May 25, 2012 from 7:00 pm (please arrive at 6:30) to Sunday, May 27 mid-afternoon

**Where:** Strawberry Creek Lodge

A spacious, comfortable log cabin on the edge of a tranquil valley about half an hour's drive west of Leduc, Alberta. Nestled in trees, the lodge overlooks scenic Strawberry Creek on a secluded, wooded 320 acre property.

## Your Hosts



**Katharine Weinmann and Chantal Normand**

We enjoy working together to create safe and beautiful spaces in which women may realize and claim their feminine wisdom and talents to create their futures and offer to their communities, be that family, friendships, workplace and beyond.

As experienced conversation hosts, retreat facilitators and community makers, we welcome you to what promises to be an enjoyable, thoughtful and relaxing weekend. In this serene and natural setting, together with other heart-full women, we have much to inspire and enrich our learnings.

If this is your heart's calling, we hope you say **YES** to our invitation.



### This weekend retreat includes:

- ◆ 2 nights accommodation (double occupancy)
- ◆ Delicious, freshly prepared meals and refreshments
- ◆ Learning resources
- ◆ 1 post-coaching session with Katharine

**Price:** Non refundable

- ◆ *Early Bird rate \$550+GST **(\$577.50) before March 15***
- ◆ *Regular rate \$650+GST*
- ◆ ***(\$682.50) after March 15***

**Special:** 1 only QUAD rate (organized by you and your 3 friends) - \$499+GST **(\$523.95) each, before March 15**

**\$577.50 each, after March 15**

From last year's participants:

***"Thanks Katharine and Chantal for hosting this lovely container in which these connections could be made."***

***"Thank you all for a seminal weekend in my life and growth..."***

***"I came home with an overwhelming appreciation for womanhood...thank you all for being genuine and true to yourselves."***

To register or for more information, please  
*email* [panache@interbaun.com](mailto:panache@interbaun.com)  
*or call*

*Katharine 780-467-9541 or Chantal 780-893-7943*