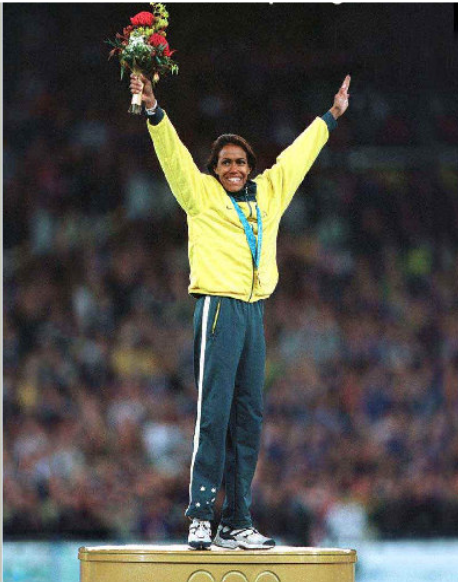


*“The only way to have
the life of your dreams
is to create it!”*

Pam Seccombe
Guest Speaker
Women's Network – Pink Dinner
in support of Breast Cancer campaign
Sept 2008

Want to Create the Life of Your Dreams?



Join us at our special
Women's Weekend Retreat
at Murrurundi House in the
picturesque Upper Hunter
in March 2010 to find out how!

EACH JOURNEY STARTS WITH JUST ONE STEP!

Are YOU ready to take yours in 2010?

*Come and join us next March 12 – 15
for a special **Women's Weekend Retreat** at
Murrurundi House - to take
the first step towards building
the life of your dreams.*

You CAN create - and live - the life of your dreams. It's a matter of developing and working on your personal vision, developing a strongly motivated plan to focus your mind - and learning how to support yourself toward getting what you would love to have in your life.

That's what this special women's weekend retreat is all about. You!

You will learn practical tools, tips and techniques for taking action to move you in the direction of the life you would love to have – including where to start, a practical plan for getting there AND what to do when you hit those inevitable roadblocks!

This will be a weekend for YOU. From Friday evening to Monday morning, you will be encouraged and supported to focus on yourself; what you want, dream of; how you can start your journey toward achieving it; and supporting and sustaining yourself on your journey.

Having the mind and body work in unison is key to whatever any of us do. The weekend retreat will also provide opportunities to learn and practice some mind/body r & r, with yoga, belly dancing, mindfulness and meditation. For those who choose the environment provides lovely spots to walk – even a plunge pool for a quick dip!

The package includes all Workshop sessions; food; accommodation (a variety of styles from single, share and bunk); mind-body activities; and workshop facilitation and coaching by Pam Seccombe and Edna McKelvey.

We look forward to working with you in March and hope you can find the time to begin your journey then.

BOOK EARLY - numbers are limited so we can give everyone the attention you deserve.

Warm wishes,

Pam



&

Edna



" If you never have a dream You can never have a dream come true "
From the musical South Pacific

Can You
find time for you
& join us at our special
Women's Weekend Retreat
in March at Murrurundi House?



Investment for the weekend is all inclusive, covering all coaching and facilitation; accommodation; dinner (including a special dinner on Sunday night at the wonderful Murrurundi Cafe Telegraph – except drinks which are up to you), breakfast and lunch, tea/coffee breaks, all mind / body activities. You just need to bring a towel/s.

TIMETABLE: Friday March 12 – Monday March 15, 2010

- Friday:** Registration from 4 – 5 pm;
Afternoon Activity at 6pm; Dinner.
- Saturday/Sunday:** Morning Activity, Full Day Workshop Sessions with lunch and breaks, Afternoon Activity, Dinner at Murrurundi House Fri/Sat, Dinner at Cafe Telegraph Sunday night.
- Monday:** Morning Activity, Final Session, Morning Tea. Depart by 12 noon.

ACCOMMODATION

- The Bunk House sleeps 14 in 7 bunk beds.
- Bunk House Ante Room sleeps 2 in twin beds.
- Chapel Dormitory: sleeps 10 in single beds.
- Twin rooms: Sleeps 8 people; 4 twin rooms.
- Queen rooms: 3 queen bed rooms (upstairs bathroom)

Early Bird rate is less 10%:

This requires a deposit of \$200 and final payment by Jan 31, 2010.

Room List: (The prices are per person).

Queen	\$975	Dorm	\$795
Twin	\$895	Bunk	\$735

Further info: Pam - e: pamela.seccombe@bigpond.com
ph: (02) 6546 6365

Edna - e: edna@mckelveyassociates.com
ph: 0414 785 636
w: mckelveyassociates.com

March Women's Weekend Retreat

March 12 – 15, 2010 at Murrurundi House

Yes please sign me up for the Women's Weekend Retreat: I would love to have 2 1/2 days to spend on myself!

My Accommodation choice is:

- The Bunk House
- Chapel Dormitory
- Twin room
- Queen room

Name:.....

Address:.....

.....State:.....Postcode:

Telephone:.....Mobile:.....

email:.....

To book your spot, please email, fax or post this form to Pam at:

Women's March Retreat "Yaroonga" Blandford NSW 2338

f: 02 65466 741

e :pamela.seccombe@bigpond.com

Payment Methods: *(please tick which method you are using)*

Cheque made out to Seccombe & Associates

EFT - BSB: 062-598

Account Number: 2800 1946

Account Name: Seccombe & Associates

(Please use your surname and WWR as the reference on your EFT so we will know who the payment is from!)

Important – Please read!

No Booking can be taken without a deposit.

Cancellations within 7days of commencement forfeit ALL MONIES.

Travel to and from is your responsibility. Upon receipt of FULL AMOUNT