



IPPW

ANNUAL GIRLFRIENDS RETREAT

**This year we will be in Wells, Maine
... not far from the beach**

Our Theme:

The Masquerade Ball *Cinderella Doesn't Live Here Anymore*

It's time to put away the glass slipper, to stop waiting for the handsome prince to rescue us and to stop hiding behind our masks of insecurities.

Our phase of blaming the world for everything gone wrong is over. The time has come for taking responsibility for our life and taking inventory of our situation is at hand.
We Need Empowerment... and the only one who can give it to us is ourselves.

No more playing victim or seeing the glass as "half empty." Gone is the "whoa is me" attitude.

Instead, it is time to approach life with an all out smattering of love and gratitude.

We don't need to hide anymore.

Embrace your spirit. Unmask the real you. **Become your Authentic Self**

When: November 6, 7, 8 & 9

**Where: Misty Harbor Resort
60 Mile Road, Wells Beach, ME 04090**

IPPW Members: \$250* | Non Members: \$350*

IPPW Day Tripper Program only: \$150 | Non Member Day Tripper Program only: \$250

Retreat Fee includes:



Three Night Overnight Accommodations*
with shared queen size beds. Two people to a room
with private bath, full kitchens and living area.



**All retreat materials including everything to
make a beautiful personal mask to take home
as a reminder of our time together.**



Topic driven conversations for sharing and growth.



One “One-on-One” Private One Hour Coaching Session with Debby



**Saturday night dinner at Mike’s Clam Shack – a legend in Wells
(additional fee for day trippers)**



**Beautiful Pool is open and Hot Tub is fired up!
Friday night wine and cheese party planned.**



The Exercise room is available with walks on the beach a must.



**Pampering is on our agenda with two massage
therapists on site to sooth weary muscles (extra fee).**



Lots of Girlfriend Connection time is built into each day.



Visit IPPW.org for complete Agenda. Reservations are a must.

**RSVP Debby today at
Debby@DebbyAdair.com or
Call 603-731-0116**

A full non-refundable payment is due with reservation.