

# Celebrating the Woman in the Mirror Weekend Retreat - Agenda



## **Friday, October 23**

**1 PM – Spa Services open ...** please make your reservations via [Debby@DebbyAdair.com](mailto:Debby@DebbyAdair.com)

See welcome letter.

**3 PM** Registration opens

**5:30 – 6:45 PM** Crock Pot Dinner

**7 – 10 pm** Opening Ceremonies - *Debby Hoffman Adair and Jane E King (The Mistress of the Drum)*

## **Saturday, October 24**

**7 am** Meditation/Walk

**8-9 am** Breakfast: Yummy protein *Smoothies with bagels and muffins*

*Sponsored by Luann Columbo and Juice Plus*

**9:15 – 10:30 AM Marie Trigg: “It Ain’t Over ’till It’s Over - Keep Your Spirit, Spunk & Chutzpah Alive at any Age”**

Marie is a woman of adventure, an over-comer of challenges and a lady who lives her life with spunk & Chutzpah. A favorite presenter at our 2014 *Martha’s Vineyard* retreat, we are thrilled to have her back, all the way from New Mexico. We can attest first hand, Marie’s stories will inspire you to see life through the eyes of possibilities and keep you spell bound.

**10:45 – 12:00 am Molly Salans “Constellations”** – Have you ever said to yourself, “I just want to let go and move on”?

Are you stuck, filled with unwanted issues you might not know where they have come from? Are you ready to hear a different approach to healing within? This program is amazing. I had a session with Molly and I find myself at a loss of words (Yes – imagine that!) as it was different and powerful, but not a loss of healing. I asked her to come share a glimpse of this wonderful program -after your experience; you just might be at a loss of words too... but forever, positively changed.

**12- 1 pm Lunch** – Make your own sandwich bar along with yummy soup.

**1- 2:15 PM Omi Preheim “Earth, Air, Water, Fire Relationships”** How the four elements behave in nature is a fascinating study. The signs of the zodiac are related to the elements and certain signs tend to exhibit greater harmony than others. Ultimately, your understanding of the elements can help you see the woman in your mirror and support you in your relationships.

**2:15 – 6:15 PM Time on your own** Have a massage, pedicure, facial, take a walk around the farm, visit the horses, chat with fellow attendees, have a foot ionic cleanse, take a nap, sit and read ...in other words RELAX.

**6:15 “Pizza Party” Dinner** including gluten free options and salad.

**7:30 PM until ??? Rahel Limor and Sue “Music and Merriment”** with guitar in hand and fellow musicians playing along, Rahel’s music and unique way of looking at the world will have you laughing, singing and on your feet dancing - her songs are filled with love, joy and gratitude. We just might create a song or two that night we share popcorn and ice cream Sundae’s on this once in a lifetime Saturday night.

## **Sunday, October 25**

**7:30 am Meditation/Walk**

**9 am Breakfast Marie Style** Marie Trigg is cooking up some southwest hospitality including eggs, breakfast meats and corn bread. I’ve got one word to say about Marie’s cooking: delicious!

**10:00 – 12:00 Debby Hoffman Adair “The Woman in the Mirror – The Celebration of YOU”**

“The Rite, Write or Right of Passage” Closing ceremonies, thank you’s and goodbyes.

**12:30 to 1:30 PM Lunch**, take it to go, eat it here, whatever works best for you.

We have the facility until 5 PM ... however; rooms should be vacated by 2PM. Stay on the farm, walk the trails, use the main rooms and receive many pampering services until 4:45 PM