

Follow Your Heart song to Happiness

A Women's Bed & Breakfast Retreat in Santa Barbara, California
September 29–October 2, 2011 & October 20–23, 2011

Every woman has a unique heartsong.

It's the joyful, exuberant call of your inner child – the medley of distinctive gifts, talents and passions only you possess.

Have life events stifled your precious song?

Perhaps you are experiencing:

- ❖ A Major Life Transition
- ❖ Career Stress or Uncertainty
- ❖ Empty Nest
- ❖ Midlife Crisis or Turmoil
- ❖ Divorce or Relationship Issues

And you are longing for more:

- ❖ Inner Peace
- ❖ Joy & Passion
- ❖ Personal Well Being
- ❖ Meaning & Purpose

Living out of sync with your innermost values and desires, succumbing to fears and limiting beliefs, and denying expression of your true self, creates frustration, disappointment, and a sense that something vital is missing.

Somewhere around midlife, the call is just too strong to ignore. You feel stressed out, burned out, and your song feels more like the blues.

Take time out to find yourself again.

Some deep soul searching with the guidance of a professional Life Coach and the support of other women will help you gain clarity about what you need in your life to be truly happy. You'll reconnect with the parts of yourself that have been lost or put on the back burner, as you have endeavored to give your best to everyone and everything around you – your career, your family, your community– but have allowed your own needs to languish.

If you are you a woman who struggles with:

- ❖ Feeling chronic stress or burnout
- ❖ Difficulty getting your needs met
- ❖ Self-sabotaging behavior
- ❖ Being hard on yourself
- ❖ Never feeling good enough
- ❖ Worrying about what other people think
- ❖ Not being able to relax and have fun
- ❖ Longing for balance and a better quality of life

It's time to reclaim your heartsong, step into your power, and reawaken your joy and passion for life!

Treat Yourself to a Soul-Satisfying
Women's Retreat in Beautiful Santa Barbara!



The retreat will be held at The Eagle Inn, located in the lovely West Beach residential neighborhood, less than a three-minute walk to the Santa Barbara waterfront, between The Harbor and Stearns Wharf.

www.TheEagleInn.com

Santa Barbara is known as the American Riviera for a reason! It's a great getaway ocean resort location with temperate weather year-round, featuring majestic mountains, miles of waterfront recreation and pristine beaches. You'll also find historic Spanish architecture, wine country tours, exquisite shopping & restaurants, fabulous gardens, and tranquil spas.

Experience the Joy of Finding and Following Your Heartsong

- ❖ Discover the freedom and exhilaration that emerges when you are being true to yourself
- ❖ Give yourself permission to have fun again and pursue the things that energize and excite you
- ❖ Gain the confidence and conviction to stand in your power and create the quality of life you really want.

An Intimate 3-Day Residential Retreat with Only Five Women

You'll not only find yourself, you'll find new friends who are on a similar journey. The retreat offers a blend of structured time together, and time on your own for reflection, relaxation, and recreation. The program will begin at 7 p.m. Thursday evening and will conclude at 1 p.m. on Sunday.

You'll also receive a pre-retreat, 60-minute private coaching call and a post-retreat 30-minute private coaching call with Lauren.

Your cost to attend this retreat, which is limited to five participants, is \$1,550 and includes your 3-night stay in a private room with a private bath at the Eagle Inn in Santa Barbara, California. A limited number of shared rooms are available for a reduced fee. To learn more about the inn, visit: www.TheEagleInn.com.



For more information and to register, call:

805-569-2564



What Past Participants Say About Their Heartsong Retreat Experience:

"This was a truly life moving experience for me. Lauren has a gift of gentleness that encouraged me to open and blossom and see new beginnings for my life."

"This retreat gave me a new outlook, confidence and hope. It was a truly eye-opening, uplifting experience."

"Lauren is insightful, caring and knows her stuff! Very relaxed, and inspirational as she is living proof that living your heartsong is real."

"Thank you for helping me give birth to a new me, a new life!"

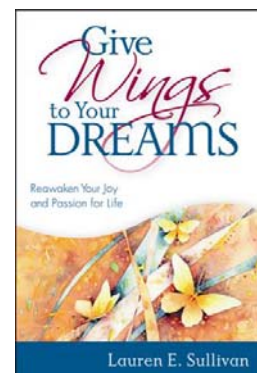
"I never thought a few days in Santa Barbara would be this invigorating. I learned things about myself that will help me through a lifetime!"



Lauren E. Sullivan
Author, Life Coach &
Retreat Facilitator

Lauren Sullivan guides women to rediscover their unique heartsong and live happier, more balanced and peaceful lives. She is the award-winning author of *Give Wings to Your Dreams: Reawaken Your Joy and Passion for Life* and has appeared on radio and TV programs throughout the country. She is a professionally certified Life Coach and has been conducting women's retreats in Santa Barbara since 2001.

www.InspiredLifeDesign.com



At a Glance

- What:** An intimate group coaching retreat limited to five women
- Dates:** Thursday, September 29 – Sunday, October 2
or
Thursday, October 20 – Sunday, October 23
- Time:** Starts Thursday evening at 7 p.m. and concludes Sunday at 1 p.m.
- Location:** The Eagle Inn
232 Natoma Avenue
Santa Barbara, CA 93101
www.TheEagleInn.com
- Cost:** \$1,550 per person, includes:
Program fees and materials
60-minute pre-retreat private coaching call
30-minute post-retreat private coaching call
3-night stay at the inn
Breakfast on Friday, Saturday and Sunday
Lunch on Friday and Saturday

Payment Options:
Visa, MasterCard, Debit Card

Deposit: Your registration is confirmed with your \$800 non-refundable deposit and the balance will be due prior to your arrival.

Extended Payment Plan:
You may choose the option of paying the balance in three monthly payments after your \$800 deposit is paid, with your first payment due prior to your arrival. An agreement will be required to authorize monthly charges to your credit card.

To discuss your questions, to check on availability, and to register or add your name to the waiting list for future retreats, please call:

Lauren Sullivan at 805-569-2564 or email: Lauren@InspiredLifeDesign.com