

Wellness Retreat

Expedition: "Be beautiful – be you!"

exploring the inner landscape



Saturday, November 5, 2016

10 a.m. to 3 p.m.

1537 Adelaide St. N. at Fanshawe Park Rd.
London, Ontario

**"To love is first of all
to accept yourself
as you
actually are."**

Thich Nhat Hanh

gentle & restorative yoga, meditation, and
guided reflection delivered by a certified,
registered yoga teacher
includes vegetarian lunch
no experience necessary

Brought to you by
Expedition Inner Wisdom Inc.



As a result of participation in this retreat, participants can expect to:

- *nurture and blossom
acceptance of self
- *enhance awareness of and
communication with inner,
intuitive wisdom
- *explore and identify a variety of
methods for accessing personal
strength and wellness
- *strengthen the health of the
body, mind, and soul through
active engagement in yoga and
meditation
- *expand a sense of overall well-
being
- *cultivate perspectives that greet
life's challenges as the soul's
opportunities for transformation
and as a way to grow inner and
world peace



About the facilitator:



Linda Weir B.A., M.Ed., RYT200, the founder and president of Expedition Inner Wisdom Incorporated, imaginatively designs and delivers the expeditions layering the transformational experiences often in a Martha Stewart detailed kind of way and always with a reverence to and incorporation of nature. She draws upon years of experience in a variety of roles. For over twenty years, she taught high school drama, English, and Special Education classes. Presently, she works as a secondary school vice-principal, Tragic Events Response Team responder, and a yoga instructor. She is a licensed Stephen Covey: 7 Habits of Highly Effective People course facilitator and has successfully run a private, life-coaching practice. She has completed all of the core courses of the Co-Active Life Coaching Training Program from the Coaches Training Institute in California, the Fundamentals of Hospice Palliative Care training sponsored by the Ontario Ministry of Health and Long-Term Care, the threat Risk Assessment Training (Levels I and II) through Lethbridge College and the Royal Canadian Mounted Police, her Masters of Education in Leadership with Charles Sturt University in Australia, and having completed her yoga instructor certification training with Deva Tree School of Yoga, she is a Registered Yoga Teacher (RYT200) with Yoga Alliance. She spent the summer of 2016 teaching yoga in the Turkey Point Provincial Park area including paddle board yoga lessons on Long Point Bay on beautiful Lake Erie. Linda believes that each individual is creative, resourceful, and whole and a perfect expression of nature. She devotes her energy into deepening appreciation and awareness of the body, mind, and spirit connection and its power to transform lives for the greater good of one and all. Linda maintains that when individuals develop the ability to authentically love and honour their own magnificence, the wellness of others and the planet blossoms.

Expedition:
"Be beautiful – be you!"

*be soothed
be refreshed
be empowered
discover how stunning you really are!*

Schedule

9:45 – 10:00 check in

**10:00 – 11:00 gentle & restorative
yoga**

11:00 – 11:15 nourishment break

**11:15 -12:00 empowerment circle:
part one**

(opening of the circle & facilitator's
presentation accompanied by reflection
and journaling)

12:00 – 12:45 lunch
(healthy, local vegetarian food)

12:45 – 1:00 guided meditation

**1:00 - 1:45 empowerment circle:
part two**
(facilitator's presentation accompanied
by reflection and journaling)

1:45 -2:00 break

**2:00 – 2:45 gentle & restorative
yoga**

**2:45 – 3:00 closing of the circle &
retreat**

**Important Notes about the
retreat:**

Please **arrive 10-15 minutes before
the start** of the retreat to check-in. So
plan on arriving at 9:45 am.

The retreat is at the Church of St. Jude
(1537 Adelaide St. N. London, Ont.
N5X 1K6) where there is **plenty of free
parking**. Although, the event takes
place at a church, the event and
Expedition Inner Wisdom Inc. are not
affiliated with or promoting any
religion.

What to bring:

- bring your yoga mat (if you do not
have one, indicate that at the time of
registration, so one can be provided
for you)
- bring a pen/pencil and a journal to
write in (journals will be available for
purchase at the retreat for under
\$10)
- your comfort is paramount, so
although we will be providing a
healthy lunch, consider bringing any
food or drink items that will help
your body feel hydrated and
nourished throughout the 5 hour
retreat. Water is an ideal beverage to
pack. Also, wear comfortable
clothing and layers, and pack any
meditation pillow or favorite blanket,
if you feel that would enhance your
comfort.

Questions? call Linda at:

519-317-5819

Registration Form:

Name: _____

Mailing _____

Address: _____

Email Address: _____

Phone No. _____

[] check this box if this phone number
receives text messages

The cost is \$65.00. To save your
spot, payment must be received in
full at the time you submit this
registration. Limited spaces are
available. There is a non-
refundable \$15.00 cancellation
fee.

Contact Linda at 519-317-5819
to submit your registration and to
learn how to send your cheque or
money order by mail or to make
other payment arrangements.



expeditioninnerwisdom.ca

