

*Lazy M Lodge, Positive Change Coaching, White Thunderbird Healing, and Night Eagle Consultants* have collaborated to offer Adults the following selection of Healing and Empowerment Programs in 2012 at the beautiful Lazy M Lodge in Alberta.

**4-Day Romantic Retreats: *Couples Retreats***

- 1<sup>st</sup> Couples Retreat:** January 27 – 30..... Registration and Deposit are due January 20, 2012.
- 2<sup>nd</sup> Couples Retreat:** February 10 – 13..... Registration and Deposit are due February 1, 2012.
- 3<sup>rd</sup> Couples Retreat:** June 4 – 7..... Registration and Deposit are due May 8, 2012.
- 4<sup>th</sup> Couples Retreat:** July 9 – 12..... Registration and Deposit are due June 11, 2012.
- 5<sup>th</sup> Couples Retreat:** November 13 – 16... Registration and Deposit are due November 5, 2012.
- 6<sup>th</sup> Couples Retreat:** November 27 – 30... Registration and Deposit are due on November 16, 2012.

**4-Day Spirit Retreats: *Feeding Your Spirit Through Laughter and Play***

- 1<sup>st</sup> Spirit Retreat:** March 12 – 15..... Registration and Deposit are due March 2, 2012.
- 2<sup>nd</sup> Spirit Retreat:** May 15 – 18..... Registration and Deposit are due May 1, 2012.
- 3<sup>rd</sup> Spirit Retreat:** June 25 – 28..... Registration and Deposit are due May 24, 2012.
- 4<sup>th</sup> Spirit Retreat:** August 7 – 10..... Registration and Deposit are due July 10, 2012.
- 5<sup>th</sup> Spirit Retreat:** September 25 – 28..... Registration and Deposit are due September 7, 2012.
- 6<sup>th</sup> Spirit Retreat:** December 10 – 13..... Registration and Deposit are due November 26, 2012.

**7-Day Team Retreats: *Team Healing and Strengthening***

- 1<sup>st</sup> Team Retreat:** March 4 – 10..... Registration and Deposit due February 22.
- 2<sup>nd</sup> Team Retreat:** March 25 – 31..... Registration and Deposit due March 16.
- 3<sup>rd</sup> Team Retreat:** May 25 – 31..... Registration and Deposit due May 4.
- 4<sup>th</sup> Team Retreat:** December 2 – 8..... Registration and Deposit due November 20.

**14-Day and 16-Day Empowerment Series: *Healing, Learning, and Self-Empowerment***

**Series 1AB:** This is a 14-day program, spread out over two months. Registration and Deposit due February 8.  
Part 1A runs from February 19 – 25; Part 1B runs from March 18 – 24.

**Series 2ABCD:** This is a 16-day program, spread out over four months. Registration and Deposit due May 11.  
Part 2A runs June 12 – 15; Part 2B runs July 17 – 20; Part 2C runs Aug 14 – 17; Part 2D runs Sept 11 – 14.

**Series 3ABCD:** This is a 16-day program, spread out over four months. Registration and Deposit due May 18.  
Part 3A runs June 19 – 22; Part 3B runs July 24 – 27; Part 3C runs Aug 21 – 24; Part 3D runs Sept 18 – 21.

**31-Day Personal Life Retreats:**

***Self-Empowerment through Healing, Learning, and Positive Coaching***

**Retreat A: “Healing, Learning, and Self-Empowerment Retreat for Women”:**

April 13 to May 13, plus follow-up tele-conference coaching calls. Registration and Deposit due March 9.

**Retreat B: “Healing, Learning, and Self-Empowerment Retreat for Men and Women”:**

Oct 12 to Nov 11, plus follow-up tele-conference coaching calls. Registration and Deposit due Sept 14.

## *What you can expect when you invest in a program . . .*

All programs include lodging (*based on double occupancy*) and all meals. To different degrees (*depending on the length, main purpose, and participants of a program*), participants will experience traditional teachings, healing, and celebration dinners/feasts; contemporary, positive coaching experiences and non-violent communication skills; skills for balanced, healthy living; healthy family, community, and work relationships; community and/or team building exercises; holistic personal development; various activities, lots of laughter, and fun. For the Series and Team Retreats, follow-up personal tele-coaching calls are available at a discount rate for participants. For the 31-day retreats, follow-up tele-conference coaching calls are included once a month for a year, at no extra charge; after that, personal tele-coaching services will be available at a discount rate. Whenever appropriate, the Sacred Traditional Medicine Wheel and the Contemporary Wheel of Life will be used, in both the on-site programs and during the tele-coaching sessions. All programs are facilitated by knowledgeable, kind, thoughtful people who care about each other, the participants, communities, and our world.

### *Registration Information*

**Program-Specific Information:** Separate posters and registration forms for the programs will be forwarded to you in a timely manner. As well, they are available from Marcel, Randy, and Carol, and can also be downloaded from Carol's website (*see below for contact information*).

**Spaces Available per Program: 12 participants:** To ensure your space, please register either before or by the due dates. If, however, the deadline has passed for a program you're interested in, please contact the Lazy M Lodge to find out if there is still space available.

**Registration Fees:** All programs include lodging (*based on double occupancy*), all meals, healing work, traditional and/or contemporary teachings, experiential learning and exercises, and celebration dinners/feasts. To different degrees, and depending on the program, the following empowering skills are also taught: contemporary, positive coaching and non-violent communication skills; skills for balanced living; healthy family relationships; community and/or team building exercises; holistic personal development; various activities, lots of laughter, and fun. For the Series Programs and the Team Retreats, follow-up tele-coaching calls are available at a discount rate for participants. For the 31-day retreats, follow-up tele-conference coaching calls are included once a month for a year; after that, personal tele-coaching services will be available at a discount rate. Whenever appropriate, the Sacred Traditional Medicine Wheel and the Contemporary Wheel of Life will be used. The registration fees do not include the 5% GST, so this will be added on. However, if you register before a deadline, then we will waive this fee.

**Non-Refundable Deposits:** A non-refundable deposit per person is needed to hold each reservation. This deposit will be applied to (deducted from) the total registration fee. The remainder of each registration fee is due upon arrival at the Lazy M Lodge. The deposit will be refunded if a program is cancelled.

**To Register and Submit Deposit:** Please contact our hosts, Marcel Gour or Randy McGhee by phone, fax, or email. You can also view their website for more information about them and the Lazy M Lodge. (*See contact information at the bottom of this page*).

**For More Information on the Programs:** Please contact Carol McKenzie and/or download information from her website. (*See contact information at the bottom of this page*).

## *About The Team . . .*

**Marcel Gour and Randy McGhee** are the owners of The Lazy M Lodge, who open their arms and hearts to all who enter. It is their dream that their Lodge be a safe place for all; that they become leaders in providing their guests with an opportunity to reconnect with self and nature; that they enhance the quality of people's lives by hosting holistic, personally empowering, and healing programs offered by their guest facilitators; and that they spend time with their guests and facilitators as they Rest, Relax, & Recharge. This new adventure in life is something both Marcel and Randy are committed to, and so they have kept their hearts and eyes open and have connected with others who, like them, are passionate about being of service to others. Their dream lead them to the rest of the team.

**Carol McKenzie** is a Certified Professional Coach who loves working with people, who specializes in life skills, personal life, and recovery coaching, and who is passionate about sharing her knowledge for the benefit of self, family, community, and nation. A few years ago, she had a vision of a holistic healing centre, where people could come and participate in healing, self-empowering, community-minded, and team-building workshops; so she kept her heart and eyes open to possible connections with others who had a passion like hers. While on this quest, she was blessed to meet Rosa Medicine Traveller, Leonard McCallum, Brad Sargent, Marcel Gour, and Randy McGhee – all of whom share a vision of creating a safe place for people to heal and grow emotionally, physically, spiritually, and mentally. Together, they have joined their hearts and merged their skills to offer a selection of holistic, healing, and empowerment programs at the Lazy M Lodge. Together, they walk the path of the warrior, the teacher, the healer, and the visionary.

**Rosa Medicine Traveller** is a Siksika member of the Blackfoot Nation whose Blackfoot name is Sai Pa Na ko mi, which means Beautiful Night Caller. She is a well-known facilitator and trainer and a survivor of residential school trauma and grief. Through this experience, Rosa has developed a strong desire and mission to share with others the contemporary and traditional knowledge and wisdom she gained from her healing journey. She loves helping people learn to be their true selves and teaching them how to nurture themselves in a balanced way. She leads various workshops on topics like holistic healing, feeding your spirit, and self-empowerment, and often teaches the Sacred Pathways of the Medicine Wheel during her workshops. Rosa follows the Seven Teachings of love, honesty, wisdom, humility, truth, respect, and bravery; and her warmth, kindness, gentleness, intelligence, and thoughtfulness draw people to her. Rosa shares a holistic, healing vision with the team and is enthusiastic about co-facilitating the empowerment programs at the Lazy M Lodge.

**Leonard McCallum** is a gifted Cree Native from Northern Saskatchewan who helps people wake up to their true inner being and free themselves of the issues and negative feelings that may be hindering their lives. He helps them to understand the causes of dysfunction, stress, and negativity, and to learn how to overcome them by creating a positive foundation and building on it. His teachings are also about personal development, stepping out of your comfort zone, and learning how to heal yourself and your life on a mental, emotional, physical, and spiritual level. He bases his teachings on the four directions of the Medicine Wheel and offers people a new beginning -- a journey filled with joy, peace, love, and freedom -- and teaches them to have a better connection with themselves, others, nature, and the Creator. Leonard's Holistic Wellness and Healing program serves to empower individuals, families, and communities, to create health and happiness in their environments, and to build on the foundations of love, unity, and acceptance. Leonard has been sharing his heartfelt healing gift in the workshops he facilitates at the Lazy M Lodge, and he welcomes this new gift of collaboration with the team.

**Brad Sargent** is a warm-hearted, caring, thoughtful person who is Leonard's manager. Like the rest of the team, Brad shares a vision of a healing center and works to make that dream a reality. He provides much needed assistance not only to Leonard but to the rest of the team, whenever and wherever help is needed. As well, he is instrumental in getting the word out about all of us, and he works tirelessly on his own time to help promote what we all have to offer. Brad's positive, spiritual, loving energy flows out and embraces us all.