

## Announcing Six 4-Day Feeding Your Spirit Retreats in 2012 at the Lazy M Lodge

*Are you feeling a little hollow these days, perhaps spiritually void or numb?*

*Have you become somewhat judgmental and cranky lately?*

*What about your spiritual energy? Have you been neglecting the spiritual practices which feed you?*

*Where is joy fitting in with your life? What about playfulness? Are you less joyful and playful these days?*

*Have you, because of past or other experiences, rejected your spiritual self?*

*Would you like to revive the spiritual part of yourself?*

**If one or more of these questions have been on your mind, then you may be interested in this offer.**

*Lazy M Lodge, Positive Change Coaching, White Thunderbird Healing, and Night Eagle Consultants warmly invite adults to come to the beautiful Lazy M Lodge where they will be warmly welcomed, taken care of physically, emotionally, and mentally, as well as fed and nurtured spiritually.*

*What you can expect when you give yourself the gift of our Feeding Your Spirit program . . .*

**Lodging and All Meals**

**Healing Exercises and/or Ceremonies**

**Use of the Medicine Wheel for Some Teachings**

**Playful Energizers and Activities**

**Exercises for Spiritual Awareness, Peace, Joy, and Balance**

**Celebration Dinner**

### **4-Day Retreats: Feeding Your Spirit**

*(Please see the Registration Form to sign up or contact the Lazy M Lodge.)*

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

**Registration Form for a 2012 Feeding Your Spirit Retreat at the Lazy M Lodge**

Please complete this page and fax it to the Lazy M Lodge; please make your cheque out to Lazy M Lodge and mail it to the Lazy M Lodge (see below for address and fax). We look forward to welcoming you.

**PERSONAL INFORMATION**

**Name:** \_\_\_\_\_ (Surname or Family Name) \_\_\_\_\_ (First Name) \_\_\_\_\_ (Middle Initials)

**Telephone:** ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_

**Cell:** ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_

**Email:** \_\_\_\_\_

**Your Home Town/City:** \_\_\_\_\_

**Spaces Available per Retreat: 12 participants.** To ensure your space, please register either before or by the due dates. If, however, the deadline has passed, please contact the Lazy M Lodge to find out if there is still space available.

**Registration Fee: \$725.00 per person.** The registration fee does not include GST, which is an additional 5% percent. However, if you register and submit a deposit before the requested deadline, then we will waive this GST.

**Non-Refundable Deposit: \$175.00 per person.** 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,** either complete the attached form and fax it in to the Lazy M Lodge, or contact Marcel Gour or Randy McGhee of the Lazy M Lodge at the contact information listed below.

**For More Information on this program,** please contact Carol McKenzie at contact information listed below.

**Please put a check-mark next to the Feeding Your Spirit Retreat you are registering for:**

- |   |   |
|---|---|
| <input type="checkbox"/> <b>1<sup>st</sup> Spirit Retreat:</b> March 12 – 15.     | Registration and Deposit are due March 2, 2012.     |
| <input type="checkbox"/> <b>2<sup>nd</sup> Spirit Retreat:</b> May 15 – 18.       | Registration and Deposit are due May 1, 2012.       |
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**Your Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## *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.