

**Announcing One 31-Day Personal Life Balance Retreat for Women at the Lazy M Lodge:
Self-Empowerment through Healing, Learning, and Positive Coaching
From April 13 to May 13, 2012**

Have you ever taken the time to learn how to nurture yourself in a wholesome and holistic way?

Have you ever experienced being part of a truly caring, nurturing, up-building environment?

Are you feeling off balance? Does it seem like something's missing?

Do you want to know how to make important life changes?

Do you feel insecure and uncertain about your decisions and choices?

Have your past experiences blocked you from knowing who you truly are and what you truly want?

Have other people been in control of your life so much that you don't know where they end and where you begin?

Have you been raised in a less-than-nurturing environment so that life seems confusing and fearful?

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 women to come to the beautiful Lazy M Lodge, where you will experience personal healing, growth, and empowerment in a holistic way, by kind, thoughtful, knowledgeable people who care about you, your community, and our world.

What you can expect when you invest in yourself by enrolling in our program called Self-Empowerment through Healing, Learning, and Positive Coaching . . .

Lodging and All Meals

Healing Exercises and/or Ceremonies

Laughter, Fun, and Creativity

When applicable, use of the Traditional Medicine Wheel and/or Contemporary Wheel of Life

Personal Growth, Self-Care, and Empowerment Exercises

An understanding of the importance of a nurturing childhood

What we adults can do to take care of ourselves (and others) when our caregivers were less-than-nurturing

Assertiveness Training, Setting Healthy Boundaries, and Goal-Setting

Skills to balance your life and achieve your goals in all areas of your life

Building and maintaining healthy relationships, in your family, community, and work

Awareness of the process people go through when making Transformational Changes

Skills to help you make healthy and empowering decisions and choices

Exercises to prevent stress and burnout and to achieve inner peace, harmony, and balance

Physical health, exercise, and nutrition practices

Positive Coaching and Questioning Skills: what these are and how these benefit you and others

Non-Violent and Other Effective Communication Skills

A Final Celebration Feast and Ceremony, a Completion Certificate, and a Gift

Follow-up Tele-Conference Coaching Calls as Extra Support after the Program

(at no extra charge, once a month for a year; after that, personal tele-coaching services available at a discount rate)

Carol McKenzie, Positive Change Coaching: 425-533-3478 Website: www.PositiveChangeCoaching.com

Marcel Gour and Randy McGhee, Lazy M Lodge: 1.866.382.5299 Website: www.LazyMCanada.com

Lazy M Lodge, P.O. Box 760, Caroline, Alberta T0M 0M0

Fax: 1.403.722.3246

**Registration Form for the 31-Day Personal Life Balance *Retreat for Women* at the
Lazy M Lodge, from April 13 to May 13, 2012:
*Self-Empowerment through Healing, Learning, and Positive Coaching***

Please complete this page and fax it to the Lazy M Lodge **by March 9, 2012**; 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)

Phone: (_____) _____ - _____ Cell: (_____) _____ - _____

Email: _____

Your Home Town/City: _____

Your Age: _____ (You must be 21 years old or older.)

Note: If you have successfully completed a treatment program for addiction, and if you are serious about, and committed to, continuing your personal wellbeing/wellbriety, then this retreat may be the next positive step and support that may benefit you in your life's journey. You will be welcomed with open hearts and minds.

Spaces Available for the Women's 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: \$4,999.00 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: \$750.00 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.

**31-Day Personal Life Balance Retreat for Women:
*Self-Empowerment through Healing, Learning, and Positive Coaching***

The on-site program runs from April 13 to May 13, 2012, and includes several follow-up tele-conference coaching calls. Registration and Deposit are due March 9, 2012. However, if the deadline has passed and you are interested to enroll, then please contact the Lazy M Lodge to learn if there is still an available space.

Your Signature: _____ Date: _____

Carol McKenzie, Positive Change Coaching: 425-533-3478 Website: www.PositiveChangeCoaching.com
Marcel Gour and Randy McGhee, Lazy M Lodge: 1.866.382.5299 Website: www.LazyMCanada.com
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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.