



PRESENTS:

## A MAGIC SCHOOL WEEKEND OF SISTERHOOD, SPIRIT, AND HEALING!

SATURDAY NOVEMBER 1 – SUNDAY, NOVEMBER 2, 2008

Come join us. Spend time with other women who are at a magical juncture in their lives to awaken deeper into their spiritual journey and be supported, inspired, and inspire other sisters along the way.

### Weekend Overview

**Change Positively—How to make or face any life change with optimism** with Ariane Debonvoisin, CEO and Founder of The First30Days.

**A Woman's Guide to Natural Breast Health** with Jackie Bell, Natural Medicine Consultant

**Awakening Your Inner Dancer** with Diane Ripstein, certified teacher of Kripalu YogaDance® (formerly DansKinetics)

**Awakening the Divine Within** with Melanie Calitri Holden, Magic Faculty member and leader in transformation and healing

**Awakening the Song of Your Soul** with Anna Huckabee Tull, Magic Faculty member, spiritual psychologist, and award winning singer and songwriter

### The Finer Details

**Date:** Saturday, November 1 and Sunday November 2, 2008

**Time:** Saturday: 8:00-5:00PM, Sunday: 8:30-3:00PM

**Location:** A spectacular location in the scenic woodlands at The Stonehedge Inn and Spa in Tyngsboro, Massachusetts <http://stonehedgeinnandspa-px.trvlclick.com/>. We have a block of rooms available for overnight accommodations. When you call, 978-649-4400, ask for Rachel in Catering ask for the Magic Party group rate of \$195. plus tax

**Investment:** \$299.00

**Girlfriend discount:** Register with a girlfriend anytime (both registrations must come together) and take \$10 off both your registrations)

**Registration:** To register, complete the application by clicking here.

▶ Register now!

[www.themagicparties.com](http://www.themagicparties.com)

## A SNEAK PREVIEW



### **Change Positively-How to Make or Face any Life Change with Optimism** **Ariane Debonvoisin**

Change is the one constant in life. Join author, speaker and founder of [www.first30days.com](http://www.first30days.com), the leading brand on life changes, Ariane de Bonvoisin for a transformative conversation designed to help you deal with life's big and small changes. Ariane has interviewed thousands of people regarding change and will share with us the 9 principles of change and what makes someone good at dealing with change. We will touch upon the beliefs of a change optimist, the most important things to remember during change, how to find your change muscle, recognizing and overcoming your change demons and those negative emotions that hold you back, getting unstuck-actions to move you through any change, among other important aspects of the change process. This session is informal, conversational, safe, engaging and transformational.

Ariane Debonvoisin is the CEO and founder of First30Days, a New York City-based media company focused on guiding people through all types of changes, both, personal and professional, social or global. The company launched its beta web site, [first30days.com](http://first30days.com) in February 2008 and currently features nearly 60 life change subjects. With a degree in economics and international relations from the London School of Economics, Ariane began her professional career at The Boston Consulting Group and worked in over a dozen countries during her tenure. After receiving an MBA from Stanford University, she moved to New York, working with media companies BMG and Sony Music. In 2000, Ariane joined Time Warner as the Managing Director of a new digital media venture fund. It was during this time the concept of First30Days was born. Ariane's new book entitled, "The First 30 Days: Your Guide to Any Change" was published by Harper Collins in May 2008. Ariane has a monthly column in Redbook magazine; is a Life Balance expert for Health Magazine and has appeared on dozens of TV and radio shows. Ariane is a fresh, new, young, charismatic voice for these times of change.

### **A Woman's Guide to Natural Breast Health** **Jackie Bell**

Learn the basic concepts of natural medicine natural breast health, and the innate healing wisdom of our bodies. Begin working with your body's wisdom in unison with nature-cure therapies and remedies. Stay healthy naturally or get back on the road to health. Learn home therapies that you can do as part of your healthy lifestyle. The basic concepts of natural medicine have been lost in our generation. A time has come for us to re-learn these basics and pass them on to our children and grandchildren.



Jackie Bell is well known in Natural Medicine for her expertise in the discovery of the root causes of illness utilizing European technology and whole person health profiling. Jackie has an extensive knowledge of therapies related to healing the Autonomic Nervous System, cleansing the body, and accelerating the healing processes in individuals. Her background, extensive training, and passions include: Native American Herbal Medicine, Nutritional Microscopy, European Biological Medicine and Remedies Regulation Thermography, Neural Therapy, Microcurrent Therapy, and Lymphatic Drainage Therapy.



## **Awakening Your Inner Dancer**

### **Diane Ripstein**

Remember as a kid when movement and dancing was just plain fun? Before we got all self-conscious about how we were supposed to look, we danced easily and joyfully. Today we all know that physical movement gets our endorphins moving, shakes off tension and increases our coping mechanisms. Our bodies intuitively want and need to move. But who's got the time? And how do you do it, anyhow?

This is your invitation to awaken your inner dancer in a setting of joy and ease and delight. Absolutely everybody is welcome. No prior experience or abilities are needed.....just two feet and an open heart.

Diane will model simple movements, starting slow, building up to an aerobic level and then cooling down and finishing with a guided relaxation. There is no "right" or "wrong" way to do any of this and everyone is freely encouraged to find their own inner dancer! With a backdrop of powerful music, from heart-pumping African rhythms to cool New Orleans jazz to meditative Indian flute, we'll boogie, sweat, laugh and lighten up.

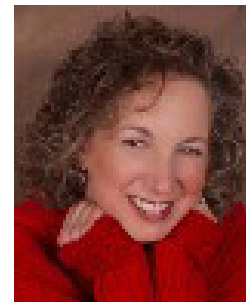
Diane Ripstein is a certified teacher of Kripalu YogaDance® (formerly DansKinetics). YogaDance is a form of joyous movement loosely based on yoga flow. It incorporates each of the energy centers in the body ("chakras") from the Root Chakra to the Crown Chakra, creating a particularly energized yet relaxed quality of feeling.

## **Awakening The Divine Within**

### **Melanie Calitri Holden**

Do you long to hear and understand the voice of the Divine, giving you the guidance you seek and whispering answers to your prayers? Journey into the very heart of grace to touch, feel and awaken, never to sleep again, the divine energy in you that is waiting to be expressed in new and miraculous ways in your life.

Don't you want to stop being stopped or stalled in parts of your life? Don't you want new ways to move forward especially during times of doubt and uncertainty?



Then come. And awaken the Divine within. Discover the tools for transformation you may be missing that can put you in action with grace, and power in new ways to create a little magic in areas your life waiting to be awakened. Through guided visualization, ancient practices in movement and meditation, journaling, and more, we will discover ourselves in perfect harmony and balance with all that exists stimulating your success and your journey that awaits you.

Melanie Calitri Holden is a leader in transformational work and healing. For over 20 years Melanie has helped thousands of people heal and renew their lives. Beginning her career as a physical therapist, Melanie found a treatment approach that addressed the body as an integrated system, allowing healing and transformation on all levels, physically, emotionally, spiritually, and mentally. Melanie's healing practice includes many methods of healing including Reiki, Visceral Manipulation, Somato-Emotional Release, Energy Healing, Sound Healing, and more. Melanie is the author of, *The Ultimate Wish Book for Grown-ups* and a frequent speaker on healing and personal transformation.



## **Awaken The Song of Your Soul** **Anna Huckabee Tull**

What song does your soul need to sing? Within each of us is our true self that exuberantly expresses our soul's purpose, journey, and desire. Being able to hear your true self and your "song" requires awareness and activation.

Each of us has a different song, our own unique creative expression within us and although it may not be expressed musically through our voices like Anna's music, every one of us in our own magical way has a song to share with the world. This program will introduce a four step framework and process to help you open to and connect with some of your most powerful inner messages in the safety and encouragement of women who believe in the woman unfolding inside you as deeply as you do. Immerse yourself in multiple opportunities for rich self-discovery through one-on-one and small group sharing. Music will be used as a guide to help you get clearer and clearer about what's next for you and no, you will not have to sing (unless of course you want to).

You will emerge ready to return to your world clearer, with a heightened awareness, and readiness to express and expand your own core purpose. Awaken and activate the song your heart and soul are waiting to express. Ride the powerful wavelengths of Anna's original soul-centered musical compositions to release and free the song of your soul; the brilliant expression of who you are.

Anna Huckabee Tull, Magic Faculty member, Spiritual Psychologist and award-winning Singer-Songwriter, will guide us into the place within each one of us where the brilliant, insight-filled, empowering songs of our souls reside so that they can be heard, seen and experienced by the world. We will journey together to find our own individual clear song and in the support of our Magic community, give expression and activating our voices into the world.