

PRESENTS
The Women's Escape

A RETREAT FOR YOUR BODY, MIND AND SPIRIT

SATURDAY NOVEMBER 5 – SUNDAY, NOVEMBER 6, 2011

Renew. Rethink. Retreat. The Women's Fall Escape offers incredible opportunities for community and connection, professional networking, and personal and professional growth.

Experience our inspiring speakers and network with other inspiring women who are exploring new opportunities in their lives. You will **learn** and **develop yourself**, make great **connections** and gain tools to advance your well being, your dreams, your career, and your life.

Through our powerful program sessions, you will **Create Your Next Bold Move, Discover What's Next** for you personally or professionally, **Re-Connect with What's Most Important**, and **Be welcomed into our Community of fabulous women!**

The Magic Parties is a community of women supporting women to make their next bold move and live their best lives. Since 2006, 500 women have been attracted to our events. Through our programming and a sprinkling of girlfriend magic, women experience **connection, community, networking, inspiration**, and life altering **transformational experiences** to help the growth of their businesses, their careers, and their personal lives.

Join us for our fourth annual Fall Retreat and escape and immerse yourself for two days in our special brand of sisterhood, spirit, and a little chocolate.®



When: Saturday, November 5 – Sunday November 6, 2011

Time: 8:00-5:00 pm (both days)

Where: The Inns & Spas at Mills Falls, Meredith, NH
on Lake Winnepesaukee
Includes breakfast, lunch, snacks and two days
of inspirational programming

Fee: \$279

Investment in yourself. Priceless!

▶ **Give this Retreat to yourself as a gift; you deserve it!**

To register, click here: <http://www.themagicparties.com/events.html>

Come to our Retreat if you want to:

- Shift your business, work and career to the next level.
- Identify what's making you restless and figure out what to do about it.
- Re-inspire yourself personally and professionally.
- Find and commit to what's next for you.
- Escape from everyone and everything and get rejuvenated.
- Awaken a dream buried inside and take action to finally start.
- Bathe in the mystery of what lies ahead and learn to love the process.
- Discover courage in an area of your life that has been waiting for you.
- Hang out and network with amazing inspiring like-minded women.
- Have a really really fun time.

Refresh your personal and professional life as you allow yourself to get off the treadmill for a few days.

Bring a girlfriend with you.
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Overnight Accommodations:

We have reserved a Magic Parties **special group rate of \$119** per night in the Mills Falls Inn. Make your reservations early by calling **1-800-622-6455**. You must identify yourself as part of our group, as rates cannot be changed upon arrival. **Please make your room reservation by October 5th to take advantage of the group rate.**

Other local options for overnight accommodations are the Lake Winnepesaukee Motel 603-366-5502 or the Sutton House Bed & Breakfast 603-253-9750 or Cozy Inn Lakeview House and Cottages 603-366-4310.



WEEKEND OVERVIEW

9 Steps to Creating Your Next Bold Move with Wendy Capland, CEO and Founder of The Magic Parties and Vision Quest Consulting

9 Steps to Creating Your Next Bold Move is a radical set of practices help you become deeply aware of what you really want, give you a process to remove the obstacles that hold you back, and enormously increase your ability to create and execute anything and everything you've ever wanted, in any area of your life. Seriously.

We all want to be more deeply satisfied and make a bigger difference in the world. So many of us have dreams we have not yet explored and they are waiting for us. So, come with a dream, a wish, an idea that you want to turn into reality. This will be an opportunity to create and/or manage your next bold move.....something you really want..... whether it's in your work or personal life.

The idea of making a bold move can be both seductive and frightening at the same time. When is the right time to make a bold move? I think there will always be an excuse for why the time is not quite right. I believe no matter what one's circumstances, we can start, even if it is in baby steps. If not now, when?



Wendy Capland is the founder of The Magic Parties and CEO of Vision Quest Consulting, a management consulting firm, founded in 1987, which provides executive leadership development coaching, training and consultation for top executives and their management teams. Wendy is an internationally known speaker, industry expert, founder and past president and board member of the International Coach Federation-New England, Master Certified Coach, Entrepreneur, and producer and host of *Wake Up With Wendy*, a monthly cable access TV show that can also be seen on-line at <http://www.themagicparties.com/inthenews.html#ts>

Loving Your Road Blocks with Lisa Champion, Psychic, Spiritual Counselor and Energy Healer

You can actually love your roadblocks? Yes! We have all had the experience of creating a bold move and then watching helplessly as "something" sabotages it. Nothing can be more frustrating than watching ourselves (yes, it's usually US doing the sabotaging!) detonate the wonderful new plan we have made for ourselves.

In this interactive workshop we are going to examine the inner workings of our own saboteur and see the gifts that this part of us has. There is inner wisdom there, and sometimes a part of us that needs some healing. Working with the saboteur and not against it, creates a wonderful ally that will help you leap into your next bold move with even more power. We will have a lot of fun in this workshop too!

Lisa Champion is a renowned psychic and energy healer with 20 years of experience. Lisa incorporates body centered counseling into her psychic readings and is also adept in many kinds of healing techniques, including Reiki, Full Spectrum Healing, crystals and flower essences. Lisa's readings and healings call out your soul qualities and help you find your life purpose. Lisa teaches Reiki and psychic development classes and is the co-founder at the Rhys Thomas Institute of Energy Medicine in Medway, MA.



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Bringing Voice to Your Dreams

with Dana Calitri, multi-platinum award winning singer and songwriter

Making a bold move requires a body, mind, and spirit with which to match your intentions and dreams. This participatory experience with sound, vocals, and music will increase your sound in the world and allow you to connect deeply to your creative center. Music is one of the most efficient and effective avenues to exploring our deepest nature and to help us transform into what's next in our lives.

This is a once in a lifetime experience with world-renowned multiplatinum award winning singer songwriter, Dana Calitri.

- Find your voice
- Release your creativity
- Experience yourself through your unique sound
- Manifest a powerful shift in your life

It doesn't matter if you can carry a tune. Sound, vibration, melodic or not, is a powerful tool for transforming physical, emotional, and spiritual limitations. Through sound, you can release all judgments and limiting perceptions about who you are and what you are meant to do and be next. All you need is the desire to open up, let go of judgments, and make your own unique sound. Participating in this session will allow you to open up to the creative forces within you and manifest a powerful shift that will profoundly affect your life.

Let's have some fun with music!



Dana Calitri is a multi-platinum selling songwriter and top session singer, Dana has worked with everyone from American Idol's Chris Daughtry, Train, Fergie and *NSYNC to Richard Gere and Catherine Zeta-Jones. Her song "I GET OFF" recorded by Atlantic Records' Halestorm, stayed in the top 5 rock radio charts for 6 months straight and in 2010 she had top 10 hits in the U.K. and Japan. Dana's songs have been featured in TV shows, commercials, NFL promos, movies and in dolls for Mattel and the Bratz.

In 1995 Dana began her artist career, recording first for Virgin and then Universal Records and had great fun touring the US with her band. She has sung backup for renowned artists such as Elton John and Celine Dion and is one of the most heard voices on TV and Radio Commercials, singing jingles for every product imaginable, including Dr. Pepper, Coke, Folgers, and Pillsbury. Dana has appeared on Good Morning America, The Today Show, Saturday Night Live and in the movie musicals CHICAGO and NINE.

A graduate of Brown University, Dana also studied at the Manhattan School of Music and privately with Lydia Summers, Anne Countryman and Helen Hobbs-Jordan. Her interest in sound healing led her to work with healing masters Kevin Michael, Fabien Maman and the Venerable Dhyani Ywahoo. In addition to her songwriting and singing careers, Dana teaches voice and songwriting in NYC and at The Berklee College of Music.

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Standing in Your Power: Reenergize and Prepare Your Body for a Bold Move with Lynne Rothstein, Donna Eden Energy Medicine Practitioner and Licensed Mental Health Counselor

What could you do if you started each day revitalized and rejuvenated? What is possible if you felt safe, free from negative thoughts, and able to step into the day with courage and power? In this uplifting session Lynne Rothstein, a certified Energy Medicine Practitioner, will teach us simple daily practices for staying healthy, empowering and reenergizing ourselves.

Energy Medicine brings flow, balance, and renewal to the body's vital energies. It is the oldest, safest, and most organic way to participate in your own health and well being.

Lynne will teach us the secret to rediscovering what we already have and tap into our natural well being. You will leave with a tool you can use every day to

- Feel safe and release worry
- Detoxify and purify thoughts
- Stand in your power, feel grounded, & find your true self
- Experience enhanced joy and pleasure

A bold move requires a body ready for transition and change. Come experience your own well being and power through energy medicine. You will leave inspired, strong and courageous.

Lynne Rothstein is a Licensed Mental Health Counselor in Massachusetts with over 20 years of experience helping people make positive changes in their lives. Lynne combines a background in traditional psychotherapy with extensive training in the use of Eden Energy Medicine and Energy Psychology. Lynne is known for her humorous and warm approach to helping clients get quick results so that they can reach their maximum potential and live their lives in a rich and meaningful way.

Conversations That Matter with Wendy Capland, Jen Cohen, Kate Harper and Melanie Holden

We will be immersing you in a inspiring and heart felt conversation on a variety of topics that matter most to women who are interested in creating their best selves and lives they love.



Wendy Capland is the founder of The Magic Parties and CEO of Vision Quest Consulting, a management consulting firm, founded in 1987, which provides executive leadership development coaching, training and consultation for top executives and their management teams. Wendy is an internationally known speaker, industry expert, founder and past president and board member of the International Coach Federation-New England, Master Certified Coach, Entrepreneur, and producer and host of Wake Up With Wendy, a monthly cable access TV show.



Jen Cohen, Magic Parties Faculty member, Master Coach, and Founder and co-Director of Seven Stones Leadership. Jen is a certified Master Coach through The Strozzi Institute for Leadership and Mastery and is a gifted and passionate trainer and coach in the areas of leadership, personal transformation, and sufficiency.



Kate Harper, Magic Parties Faculty member and Principal of Kate Harper Coaching is a certified Master Coach with the International Coach Federation. Kate has a gift of helping people discover their passion and purpose in life and conducts personal & business coaching to help leaders and individuals increase their impact and effectiveness.



Melanie Holden, Magic Parties Faculty member is a physical therapist, a specialist in Craniosacral therapy, a Reiki Master, & an expert in spiritual transformation. Melanie is an amazingly gifted healer. For over 25 years, she has helped thousands of people heal and renew their lives. Melanie is the author of *The Ultimate Wish Book for Grown-ups*, and writes a column for a local literary journal. She is a regular guest on radio and television on the topics of healing yourself and manifesting your life dreams.

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