

Widows Peak

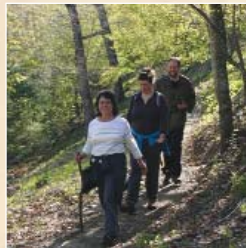
The Art of Living
RETREAT CENTER

From Loss to Light ...

*A Transforming Weekend
of Upliftment & Renewal*

*June 6, 7 & 8, 2014,
in Boone, N.C.,
at the Art of Living Retreat Center*

In North Carolina's Blue Ridge Mountains, there's a place that has long been regarded for its healing energy and nurturing beauty. This June, join seven extraordinary authors, thought leaders, and teachers for a life-changing weekend immersion, lovingly designed for those who have lost a spouse or loved one...



- Several Lodging Options
- Wholesome Vegetarian Cuisine
- A Holistic Ayurvedic Spa

Three Glorious Days

Two Magical Nights

One Simple Goal — Total Elevation of Mind, Body, and Health

\$995, INCLUDES EXPERIENTIAL SESSIONS WITH THOUGHT LEADERS, AUTHORS, AND OTHERS WHO CAN HELP YOU ON YOUR JOURNEY. PLUS ROUNDTABLES, CREATIVE ACTIVITIES, INSPIRATION, AND ALL MEALS, LODGING, AND TAXES.

www.widowspeakretreat.org

800-219-7103

widowspeak@artoflivingretreat.com

Learn holistic techniques to relieve stress and anxiety
 Discover the keys to self-love and gratitude
 Stroll among ancient pines, and bask in the mountain's sacred stillness
 Lighten your load with laughter and play
 Vegetarian delicacies and healthy cooking demonstrations
 Music, inspiration, togetherness and release
 Step into a new and brighter you!

No matter where you are with your loss, this could be the weekend you've longed for.



Audrey Pellicano – Things Are Looking UP!

The author of "Six Secrets to Surviving Widowhood," Audrey is a grief recovery specialist, health and transition mentor to widows, RN, and CEO of Wise Widow. Widowed at the age of 37, with four young children, Audrey experienced an absence of support in the traditional system, and pursued complimentary therapies in guided imagery, yoga, meditation, and nutrition. Having implemented those tools through her own grief journey, her invigorating workshops and programs help participants step into a new and brighter version of themselves, with practical tools for mind, body, and health. She has been featured in the New York Times and on PBS.



Beth Nielsen Chapman – Stories, Songs & Creativity as a Path to Healing.

Grammy-nominated singer-songwriter Beth Nielsen Chapman has released 12 albums and written many hits for others, including co-writing Faith Hill's No. 1 song, "This Kiss." Her songs have been recorded by Bonnie Raitt, Emmylou Harris, Trisha Yearwood, Amy Grant, Neil Diamond, Bette Midler, and many others. "Sand and Water" was written after her husband Ernest's death from cancer. It became a charting single, and Elton John performed it as a tribute to Princess Diana. Beth is also a workshop teacher, activist, and speaker on the magic of creativity.



Lorna Bell – What They Tell Us: Truths from the Lips of the Dying.

A Certified Hospice and Palliative Care Nurse, Lorna is the author of five books, including "Happy Endings: Uplifting End of Life Stories". Her session is uplifting, faith-affirming, and soul-stirring, as she shines a bright light on the five universal lessons learned at the bedside of the dying. Serving as a Minister of Consolation at her church, she also assists at her local funeral home, and facilitates a yoga program for people with disabilities.

Carol Scibelli – Poor Widow Me.

Carol Scibelli is an award-winning author and comedy writer who understands how devastating it is to suffer the loss of a spouse. Her seminars about grieving are surprisingly entertaining and upbeat, emphasizing the positive milestones widows and widowers experience during the grieving process. Carol points out that we may have lost our spouse, but we haven't lost ourselves. Her blog, POOR WIDOW ME, was so popular, she turned it into a book. It is now in development to become a play with music.



Angie Cartwright – Embracing Your Humanity.

Learning the hard way that grievors are often misunderstood, Angie is committed to help change how our culture understands and views grief. She is a grief advocate and offers comfort to people all around the world through social media, her website, and her Grief Release Course. "I finally realized that there was only one thing I could ever do to be free," shares Angie. "It was to embrace my humanness."



Lillah Schwartz – Movement from Within.

Accomplished Yoga instructor, mentor, and author, Lillah brings the benefits of her 30 years' training. She is the founder and director of Transformation Yoga Trainings. With the National Yoga Alliance and IAYT. Producer of two DVDs and a book for Healing our Backs with Yoga TM, Lillah offers the science and spirit of yoga wisdom to thousands who have become pain-free from her alignment-based and heartfelt instruction.



Anne Farrow – Love is Not an Emotion.

Anne Farrow is a retired RN, who for the past 18 years has travelled across the U.S. teaching meditation, silence, and stress-reduction programs for the Art of Living Foundation. With an authentic, heart-centered style, she shares wisdom and profoundly effective techniques that have helped thousands of people quiet their busy minds, move past negative thinking, and cultivate the tools to live more joyful, fulfilling lives. She currently lives on the mountain year-round, where she also owns and runs the California Mountain Lodge and Breakfast.

