

A waken the Leader Within
A Week-Long Retreat for Women
Kauai, Hawaii
11/11/11 – 11/18/11

Join Transformational leaders Eleanor LeCain and Patricia Varley in creating a sacred space for women to come and be nourished spiritually, emotionally, physically and intellectually.



Renew, Recharge, Refocus and Reinvent

Come join an inspiring and nourishing retreat on the beautiful Garden Island of Kauai.

- Enjoy great connections with other women
- Experience nature and island exploration adventures
- Engage in creative, playful activities, walking meditations and daily yoga
- Strengthen your ability to provide leadership in the world during these challenging times
- Be more present and live from your heart in your relationships
- Deepen your understanding of the value of and cultivation of the feminine spirit
- Break through limitations to live the life of your dreams
- Clarify, align with and deepen your greater purpose and higher calling on the planet at this transformative time
- Create a plan of action for yourself

What do you need to offer your best to the world?

We're each at a critical moment in our own lives, and it's a critical moment for the whole world. So much of the world as we know it is undergoing dramatic change. The time is crying out for women to step forward in a bigger way than ever before to offer our vision of a better world. We are creating a sacred space for women to be held, loved and supported so each of us can be clear on what we're here to do with this one precious life. A place where it is safe to cry about what we've lost, celebrate who we are, and express our dreams that have yet to be realized. A space that enables women to be our highest and best because that's what the world needs.

Prices, Registration & Details

Includes:

- 7 night, 8 day lodging at the magnificent Hale Mana oceanfront estate. See photos on flyer and www.HaleMana.com.
- 3 meals per day of delicious, organic and healthy food prepared by our personal chef.
- Daily yoga, nature and island explorations, walking meditations, time to rest and renew.
- Co-facilitation of Awaken the Leader Within Program by Eleanor LeCain and Patricia Varley.
- Hot tub, steam room, private beach.
- Transportation to and from Lihue, Kauai airport and retreat.
- Additional spa services on site (massage & facial) on a fee for service basis.

Cost:

\$3350 per person early registration by August 11, 2011 and/or bring a friend (per person based on double occupancy)
\$3950 per person regular rate (based on double occupancy)

Visa, MC, AMEX, Paypal, and checks accepted. Payment plans are available.
Retreat is limited to 10 women lodging at the estate.

For registration and more information contact:

Patricia Varley - patricia@patriciavarley.com / 1-800-529-0063 or

Eleanor LeCain & Kat Godfrey in Washington, DC - Team@TheBreakthroughWay.com / (240) 205-4742

PATRICIA VARLEY, M.H.S.A., is an international speaker, certified Edgewalker facilitator, retreat leader and coach who works across industry lines with entrepreneurs, national organizations and corporations such as Hyatt Hotels in "Reinventing Success from the Inside Out" by "Reclaiming the Wholeness of People." She focuses on integrating personal, professional and spiritual growth. Patricia's passion as a paradigm bridger guides and supports others in transitioning between mainstream and what is evolving on the planet at this time in history. By connecting more to who they truly are, her retreats awaken the integral authenticity in others and they are therefore better prepared to shift and take an evolutionary leap in their lives and work. Patricia participated at the United Nations International Conference on the Status of Women in 2011. She was honored by the Connecticut Business and Professional Women as Women of Achievement and founded and led the Southwest Florida Chapter of Women of Vision & Action. See www.PatriciaVarley.com.



ELEANOR LeCAIN is the founder and president of The Breakthrough Way whose mission is to identify, communicate, and build on what works. As a speaker, writer and consultant, Ms. LeCain explores how crisis provides the opportunity for transformation of individuals, organizations, and society. She demonstrates that we have solutions to most of our problems already, and the challenge is to identify and build on these solutions. Ms. LeCain has spoken worldwide including Harvard, Japan, Norway and Malaysia. Published from the *New York Times* to *Le Monde* in Paris, she is the author of *Breakthrough Solutions: How To Improve Your Life and Change the World by Building on What Works* with an Introduction by the Dalai Lama. She served as

Massachusetts Assistant Secretary of State. She was Executive Director of Blueprint 2000, futures planning for the state government of Massachusetts. The V-Day Campaign to End Violence Against Women hired her to lead a seminar in Kabul on leadership for the women of Afghanistan. She served on the national board of Women's Action for New Directions (WAND), a network of grassroots advocates and state legislators working for sensible budget priorities. She is the founding president of Women of Vision and Action. A graduate of Yale and Boalt Law School, Ms. LeCain lives in Washington, DC with her family. See TheBreakthroughWay.com.