

New Way of Being:

Women's Self-Renewal Retreat

Esalen • Big Sur, CA • April 19 – 21, 2013



Do you want to reconnect with who you are? Are you in career or life transition?
Do you crave time for quiet reflection, rest and renewal?

De-stress, refresh and rejuvenate in a nurturing, empowering and supportive environment. Tap into the transformative power of self-care and nourish your body and soul. Learn how to slow down and access your "wise self," nurture your inner life and live in the present moment. Women of all ages—especially those in transition—are welcome!

This retreat can help you:

- Explore your heart's desire and soul's purpose through powerful exercises
- Understand how to meditate; receive ideas for daily spiritual renewal
- Relax and connect with your needs, desires and body's natural rhythms
- Learn how to integrate self-renewal strategies into your daily life
- Experience the Divine Feminine through music and movement
- Enjoy meaningful connection with like-minded women

"Renée has the amazing ability to create a nurturing, sacred space which honors and celebrates each woman.

This retreat was transformative. I now get how essential it is to take time to nurture myself. I am still using what I learned at the Self-Renewal Retreat in my daily life."

—Mary K., CA

"Of all the programs I've taken in the last twenty years, this retreat spoke most deeply to my heart and helped me more with self-acceptance than any other. Profound."

—Patty L., PA

DETAILS AND ONLINE REGISTRATION:
www.esalen.org, www.ReneeTrudeau.com,
email info@reneetrudeau.com or call 512-459-6700

Renée Peterson Trudeau is an internationally-recognized life balance coach, president of Career Strategists and author of *The Mother's Guide to Self-Renewal: How to Reclaim, Rejuvenate and Re-Balance Your Life* and *Nurturing the Soul of Your Family: 10 Ways to Reconnect and Find Peace in Everyday Life* (New World Library). Thousands of women worldwide are joining and becoming trained to lead self-renewal circles based on the Guide, to enhance their emotional well-being. For more than 20 years, Trudeau has created life-changing women's events; she appears regularly in national media.



www.ReneeTrudeau.com

www.CareerStrategists.net