



Come.....

leave your busy, hectic life for a while and imagine .....  
5 luxurious days rediscovering all the parts that make up  
the whole of you. Finding balance again, learning and  
laughing and letting go! Choose from two different 5 day  
retreats, or do it all! These retreats are for women of all  
ages that are interested in learning more about themselves,  
their finances, or just wanting to spend time renewing their  
personal energy in the relaxing and beautiful scenery of  
Mexico. The retreat is set on a hill overlooking a lovely  
bay. Two hot tubs are built into the rocks overlooking the  
ocean for relaxing contemplation....



Costs for the retreats are based on double occupancy per  
room and includes 5 nights accommodations, all  
workshops, gym facilities, tennis, traditional sweat  
lodge, materials for art class, horseback riding,  
kayaking, jungle tour, one afternoon trip of sight  
seeing in Barra Navidad, three daily meals,  
unlimited snacks and local alcoholic beverages.  
Not included is airfare or transportation from and  
to the Manzanillo airport. Other spa packages  
available at an extra cost. Private accommodation  
is available with a surcharge. The accommodations  
are very clean, comfortable and quiet, in the  
traditional Mexican style. We want to provide the  
right balance of workshops, and other growth  
related activities with the right amount of relaxation!

VIVA LA DIVA



What are you waiting for?

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

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604 329-4300



### Workshop 1. Personal Rejuvenation

#### The inner house

Each day starts with an hour of refreshing yoga, followed by a healthy breakfast. Life/Business Coach, Eileen Hoeter, will host the event organizing and leading the coaching sessions, and the balance of activities, expressive art, journal writing, nature beach walks,

### Workshop 2. Your Financial Picture

#### The outer house

Each day starts with a nature walk along the beach. Eileen Hoeter, will moderating the financial sessions, held by Tessa Mankes, a Chartered Accountant from one of the top Accounting firms in North America, specializing in both US and Canadian taxes! A 20minute one on one session will also be available!



### Workshop 1. Personal Rejuvenation

November 6th-11th 2005

### Workshop 2. Your Financial Picture

November 13th - 18th, 2005

**Cost \$1,750 CA** per workshop

If registered with deposit by Aug 5th.

\$1,950 CA after Aug 5th.

After Aug 20th, add an additional \$75

Bring a friend and receive an **\$80 discount!**

**Enroll in both workshops for \$3200.00**

A deposit of \$300 is required to register and reserve your space! Space is limited

*What are you waiting for?*



**For more information**

**Please check out the website at  
[www.createhercoaching.com](http://www.createhercoaching.com)**

**or call**

**604 329-4300**

*"Life is not measured by the number of breaths we take, but by the moments that take our breath away."*



It is a very good plan every now and then to go away and have a little relaxation; for when you come back to the work, your judgment will be surer,

since to remain constantly at work will cause you to lose the power of judgment."

Leonardo da Vinci,

