



Lotus Flower Retreat

Release & Renew

For Nurses, Massage Therapists, Healers, & YOU!

5-Day, 4-night Retreat ~ MARCH 20 - 24, 2013

~ Course Description ~

The *Lotus Flower Retreat: Release & Renew* recognizes that life is your spiritual journey, and that having tools to “link up” to the inner resources needed for living a fulfilling life at the higher Soul level in every moment, can make your journey a bit easier. This highly experiential retreat uses:

- 1) Focused mind/body/movement exercises (Chi Gong)
- 2) Conscious Manifesting principles
- 3) Discovery of your life purpose
- 4) The power of forgiveness to heal at the Soul level
- 5) Releasing techniques
- 6) Creation of Sacred Art.

These simple and practical tools, in a beautiful, nurturing setting, facilitate a deeper spiritual life to promote optimal health, wellness, and overall happiness.

~ Who Should Attend ~

- ANYONE with an interest in body, mind, spirit wellness
- Anyone needing contact hours or CNEs.
- RN's, and nursing students; health care professionals and practitioners; Healing Touch and other energy-based practitioners
- Teachers of wellness counseling, holistic health, stress management; social workers, counselors, psychotherapists and group facilitators
- Massage therapists and other body workers

As others have said,
“This information is life changing!”

30 CNEs / CEs / Contact Hours

This continuing nursing education activity was approved by the American Holistic Nurses Association's Education Approver Committee, an accredited approver by the American Nurses Credentialing Center's COA.
Approved through 10/3/2014



How Will This Benefit You?

- You will enjoy 5-days of inspiration, healing, and renewal in a beautiful, natural setting.
- You will receive practical, useful information for your personal and professional life.
- You will leave with easy-to-implement, integrative tools that are invaluable during times of mental and spiritual distress, so you can focus on what you want, rather than on what you do not want!
- You will leave with a daily Chi Gong practice to lower stress and increase the quality of your life in only 23 minutes!
- You will experience how to Consciously Manifest in your daily life!
- You will leave with a deeper and more compassionate understanding and respect for all aspects of yourself.

Event Details & Registration Info
Other side! →

"This is the most valuable workshop experience I've ever had! Ellie comes from an honest, powerful place. Experiencing her encourages me to come from an honest, powerful place, too!" R.K.

"10 out of 10! I got concrete steps instead of just theory." E.E.

"Life Changing! Real Life! Inclusive! Practical! A Real Teacher!" T.K.V.



Instructor: Ellie Drew, M.S., is President/Co-founder of the nonprofit Institute for Conscious Change, author, international speaker, production manager/film producer for ICC educational materials, Co-Founder and Honorary Lifetime Member of the National Qigong Association. Ellie is an authentic spiritual teacher, known as "the practical mystic" for her ability to distill a lifetime of unique mystical experiences into transformational teachings accessible to anyone. www.EllieDrew.com



Barbara Evans-Levine, B.A., Co-Host and Facilitator for Lotus Flower Retreats and Sacred Partnership Workshops, holds a Bachelor of Arts Degree in Psychology and Sociology from the University of Arizona, is a board member of the nonprofit Institute for Conscious Change, a Certified Healing Touch Practitioner, and a Certified Qigong Instructor. She has been a Hospice Volunteer Coordinator; a Holistic Healing Practitioner for the UMC Cancer Center in Tucson. Barbara teaches Qigong classes and has a private healing practice in Tucson, AZ.



Program Sponsored by . . . **Institute for Conscious Change 501(c)3**

~ Flight & Travel Information ~

• **DRIVING: Address for GPS:** 9416 County Road 103, Mentone, AL 35984 (Glenda says to PRINT directions - May not have connections in all areas.)

• **FLYING:** The retreat center is 2 hours from the Atlanta, Georgia airport – a large international airport, easy to get to from nearly anywhere in the world.

• **WHEN TO ARRIVE:** If you are traveling internationally (or cannot arrive by 11:15 a.m. on the 20th) plan to arrive the day before on March 19 after 2:00 p.m. (Options: You can stay at a hotel near the airport and drive up the morning of the 20th, or come to the retreat center the *afternoon* of the 19th.) **If you are driving,** plan to arrive March 20th between 10:00 - 11:30 a.m. for registration, with lunch at 11:30. Everyone plan to leave the retreat center at 12:00 Noon on Sunday, March 24.

• **REGISTRATION:** Register online at www.EllieDrew.com > Registration > Choose your event and fill out the respective form. **Event Registration** is March 20, 10:00-11:30 a.m. Lunch 11:30.

• ADDITIONAL INFO ON THE WEBSITE:

- 1) Retreat Schedule
- 2) What to Bring
- 3) Preparations before you come for when you return home
- 4) CNE/CE Requirements

Retreat Questions: Contact Ellie Drew
Ellie@EllieDrew.com Phone: 520-822-4755

Retreat Accommodation & Food Questions: Contact Glenda Garber

Phone: 337-224-3030 (c) 337-824-7161(h)
GlendaGoodWitch@earthlink.net

Detailed Course Information www.EllieDrew.com

• **The purpose** of this program is to teach nurses, health care professionals, and those with an interest in body, mind, and spirit connections the power of simple yet regular meditation practices, the power of the mind to manifest a positive life, and the power of knowing your life purpose to live at the Soul level. These simple and practical tools are to facilitate a deeper spiritual life to promote optimal health, wellness, and overall happiness.

• Approval for contact hours through the AHNA is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific modality in the care of clients.

• To receive a certificate of completion for contact hours, attendance and class participation is required.

Cancellation Policy: Students canceling are subject to a \$100 non-refundable administration fee. No refunds for students canceling within 2 weeks of the class, but tuition can be applied to a future class within 12 months, minus the \$100 administration fee.

"I was totally unprepared for this incredible experience! Ellie is inspired and inspiring!" S.H.

"Exceptional. This was just right for me. Touched me in a deep place. Thank you, Ellie." T.N.

"I've been waiting my whole LIFE for this information! Thank you for sharing it!" D.K.

COST: Lotus Flower Retreat + Skye Island Retreat Center - March 20-24, 2013

***About Credit Card Fees:** Instead of charging *everyone* for credit card fees, we decided to let YOU choose. You can either pay with a credit card (and pay the additional 4% fee), or save some money and write a check or send a money order. *You decide!*

Lotus Flower Retreat Tuition

(The retreat fee includes a copy of the *Way of the Lotus Flower* book and Card Set (\$35 value!), retreat supplies for making Sacred Tools, 30-hours of teaching, and various handouts, Certificate for those requiring CNEs or CEs with full attendance & participation.)

Retreat Paid with Credit Card*

- ___ \$572 Standard Tuition
- ___ \$515 Early-Bird Tuition - (by March 4th)
- ___ \$390 Repeat Attendees

**MAKE CHECKS PAYABLE TO: "ICC" OR
INSTITUTE FOR CONSCIOUS CHANGE**

SEND TO:
ELLIE DREW
8987 E TANQUE VERDE ROAD 309-388
TUCSON, AZ 85749

**Best
Price!**

Retreat Paid with Cash or Check

- ___ \$550 Standard Tuition
- ___ \$495 Early-Bird Tuition - (by March 4th)
- ___ \$375 Repeat Attendees

Room & Board at Skye Island Retreat Center

Retreat style accommodations are provided. If you have medical food requirements (i.e. gluten free / diabetic) please contact Glenda.

Paid with Credit Card*

- ___ \$156 Day Rate. Includes Lunches & Dinners March 20 - March 23, Brunch on 24th.
- ___ \$338 March 19 - 24. Includes 5 nights, 14 meals, retreat style accommodations.
- ___ \$286 March 20 - 24. Includes 4 nights, 12 meals, retreat style accommodations.

Under \$70 / day!

Paid with Cash / Money Order / Check

Bring Cash / Money Order / Check with you. Pay at Registration when you arrive at the Retreat Center.

- ___ \$150 Day Rate. Includes Lunches & Dinners March 20 - March 23, Brunch on 24th.
- ___ \$325 March 19 - 24. Includes 5 nights, 14 meals, retreat style accommodations.
- ___ \$275 March 20 - 24. Includes 4 nights, 12 meals, retreat style accommodations.

Payments are available with either credit card or check, but all fees must be paid-in-full within 2 weeks of the retreat.