



Mortifee Training Inc.

WOMEN'S MINDFULNESS AND INTIMACY RETREATS

with Nancy Mortifee

- Are you hungry for more intimacy with yourself and others?*
- Are you circling around the same issues over and over again?*
- Are you feeling an urge for change in your life but can't quite make it?*
- Are you struggling with aging parents and growing children?*
- Are you holding yourself back from life to play it safe?*



Everywhere we look there are books and courses on "reinventing yourself", being "more successful", "finding the love of your life" or "feeling good". But what about the underlying issues that keep us stuck in the first place? Why do the patterns we have developed from childhood to protect us from overwhelm, now limit our ability to be intimate as adults? How about taking the exciting journey inside...When we can take an honest look at ourselves, suspending judgement and blame, we can begin to build a new, caring relationship with ourselves and others. What a relief!

I have been doing this work for 7 years and the changes in my life have been enormous. The journey is challenging, and very enlivening, which is why I have a deep urge to share this work with other women like yourself. We hold our retreats in beautiful settings... it's helpful to physically take a break from our regular lives to do personal exploration. My job is to hold a sacred and confidential space in a gentle, supportive environment that allows you to re-claim parts of yourself and discover new ones. Time to let your passionate, womanly, adult self emerge.

Ready to gift yourself this new beginning? Nancy

Weekend Retreats

Being in a group of mutually supportive women is magical; we relate with one another differently than in a mixed group.

Together we will:

- share both individual and group processes (all voluntary!)
- stretch our bodies and express through movement
- expand our creativity through art
- share delicious meals prepared by someone else's loving hands
- laugh a lot, prepare rituals and share experiences as women have always done.

What women say about Nancy's workshops:

"I can truly say it exceeded all my expectations and was a much needed tonic at this time of challenge and crossroads in my life."

"...it was your exercises and the entire experience that allowed me to come clean and flush all of my pain and fears. I truly feel a new freedom, a new energy has taken over my heart. I feel like I have taken my power back."

"I am still feeling the glow of the work, the intention and loving circle that you created. It really was powerful energy medicine."

"Good teachers are hard to find; Nancy Mortifee is one of the best. In our work together, Nancy has helped much change take root and grow within me. She is a deeply compassionate and insightful listener, an ideal companion in the journey toward self-knowledge, truth and change."



Endorsement from Ann Mortifee, OC

"I want to endorse the Women's Mindfulness and Intimacy Retreat, led by Nancy Mortifee and her workshop partner, Carol Sill. When women come together with time to reflect and share and with an intention to heal and grow, miracles can happen. Both Nancy and Carol have long been on the journey that leads to a deeper understanding of self. They are women of love, integrity and warmth. Time spent with them can only lead to greater inner freedom and joy. I feel excited when I imagine all that will transpire as women gather with them to travel deeper."



FALL 2010 RETREAT

at Cascadia Retreat Centre
September 24-26th

Sunshine Coast, B.C.

www.cascadiaretreats.com/

Nancy is joined by

Carol Sill who has been involved in meditation practice for over 30 years.

Carol will lead us in the beautiful and restorative Yoga Nidra.



FOR MORE INFORMATION & REGISTRATION :

www.mortifeetraining.com or nancy@mortifeetraining.com ph: 604-266-6785