

“Passion Purpose & Joy!”

A women’s retreat with

Karen Drucker

Alderbrook Resort and Spa, Union, Washington

May 3 – 6, 2018 Thursday – Sunday



Dear Friends,

I love the Pacific Northwest! Whenever I know that I am traveling to Portland or Seattle or any of the beautiful towns in this part of the country, I am always excited. So when my friend Lisa Hadley (who co-produced my women’s retreat in Hawaii a few years ago) suggested doing a retreat at her dream vacation spot, I was very interested. After looking at the pictures and hearing more about it I was sold. What can I tell you – I just love combining a beautiful location with a wonderful spa! Combine that with sharing time with like-minded women, great food, and wonderful self-inquiry, I could only say YES to facilitating a retreat at Alderbrook spa! I hope you will join us!

THE RETREAT

When you find something that you are passionate about in your life, there is a purpose to everything you do around it. In this retreat we will learn how combining your passion with your purpose brings you a life filled with unlimited joy. We will have time for self-reflection and renewal, looking at what works for us and what doesn’t (and how to lovingly let go of or transform the “what doesn’t”), as well as time for yourself and/or time to create new friendships. We gather together every morning and evening, sharing music, movement, small group work, prayer, meditation and laughter, leaving the afternoons to do whatever you would like (a relaxing massage?) – or to do nothing.

THE LOCATION

Alderbrook Resort and Spa is in Union, Washington, only 2 hours from Seattle and 2-1/2 hours from Portland. It is located on the Hood Canal, surrounded by the Olympic Mountains, a glacier-carved fjord home to eagles and osprey, salmon, and seals. Their luxury guestrooms and accommodations have premium linens and comfy duvets, and there is a lobby with a massive stone fireplace with leather couches to sink into. There is a waterfront pool (you know where I'll be!), a world-class full-service spa, plus some of the best food in the region, with fresh local seafood from the marina only steps away. Check out their website: <https://www.alderbrookresort.com>

THE DETAILS

WHEN: May 3 - May 6, 2018, Thursday through Sunday

WHERE: Alderbrook Resort and Spa, Union, Washington

COST:

DOUBLE OCCUPANCY ~ \$ 1,175.00
(\$1,075.00 if paid in full by 2/28/18)

SINGLE OCCUPANCY ~ \$ 1,475
(\$1,375.00 if paid in full by 2/28/18)

Eight meals included: Thursday dinner through Sunday breakfast.

REGISTRATION

\$500.00 deposit (\$150 non-refundable)
Balance due by April 1, 2018

*Cost does not include transportation to Alderbrook Resort.

NO REFUNDS AFTER March 1, 2018

You may arrange for another woman to take your place if you cannot attend.

Space is limited in order to ensure that each participant has a quality experience.

Reserve your space today. (*link to registration form*)

SAMPLE SCHEDULE (subject to change)

Thursday

Pre-dinner get together: 5:30 pm

Dinner: 6:00 - 7:00 pm

Evening program: 7:30 - 9:00 pm

Friday and Saturday



Breakfast: 7:30 - 9:00 am
Morning program: 9:30 am – 12:00 pm.
Lunch: 12:00 - 1:00 pm
Free time: 1:00 - 6:00 pm
(optional “check in” time from 5:00-6:00)
Dinner: 6:00 - 7:00 pm
Evening program: 7:30 - 9:00 pm

Sunday

Breakfast: 7:30 - 9:00 am
Morning program: 9:30 - 11:30 am

WHAT TO EXPECT FROM A KAREN DRUCKER RETREAT

I believe in creating community and connection between women. We do that in a way that is heart opening and fun by utilizing lots of singing (no - you don't have to be a good singer, or know any of my songs!), group exercises and discussions (in groups of 2 or 4 women), and lots of shared wisdom and laughter. There are times when tears are appropriate, and we support each other lovingly through those times. Being in a group of like-minded women and sharing our lives allows us to open our hearts and connect to each other and ourselves in a deeper way.

The theme of “Passion, Purpose and Joy!” will lead us on a path of self-discovery, looking at what are our hearts are calling us towards, what we need to let go of, and what we want to step into.

This retreat is for you if you want to:

- * Be uplifted by music that inspires and heals.
- * Identify what is your passion and how much you are expressing it.
- * Become clear on the next step in your life.
- * Walk away with tools on how to practice radical self-care.
- * Turn up your joy meter!
- * Be seen and heard.
- * Be inspired by the beauty of nature.
- * Start the day with “morning bliss.”
- * Discover how joy fuels passion and purpose.
- * Sing, laugh, make new friends, and return home with a faith lift!

No matter if you have been to a Karen Drucker retreat before - each one is different based on who shows up and what is happening with ourselves and in the world.



NUTS & BOLTS

There are many options, and therefore varying prices, to get to Alderbrook Resort.

By Plane:

Portland Airport (PDX) – driving approximately 2 1/2 hours to Alderbrook

Seattle Airport (SEA) – driving approximately 2 hours to Alderbrook

To get to Alderbrook from the airports, it is advisable that you rent a car. Due to its remote location, a car rental may make it easier for you to explore the area in your free time.

You are welcome here, whoever you are, where ever you are on your path, give yourself this gift of a time for you....

*****Please note this retreat is a gentle process of reflecting about our lives, it is not meant to be a substitute for deeper issues or therapy.*****

For questions and registration:

Lisa Hadley: 503-828-9840 or email: lisajhadley@gmail.com

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Karen Drucker—Alderbrook Resort, Washington

May 3rd - May 6th, 2018

Name: _____

Phone: _____

Address: _____

Email: _____

Emergency Contact Person and Phone: _____

Double Occupancy Roommate: _____

Retreat Cost:

Double Occupancy Room _____ \$1,175.00

Single Occupancy Room _____ \$1,475.00

***** \$100 early bird discount if registered by 1/15/18*****

Total Due:

\$500.00 Deposit (150.00 non-refundable) or Amount Paid: _____

Net Due by 3/1/2018: _____

Payment method: _____ Cash _____ Check _____ Visa/MC

Visa/MC - we will invoice you through Paypal

Please contact me regarding making payments _____

NO refunds after 3/1/18 although you may arrange for another woman to take your place if you cannot attend.

Make checks payable to *Lisa Hadley Alderbrook Retreat* Checks and form can be mailed to Lisa Hadley, 16926 SW Richen Park Circle, Sherwood, OR 97140, forms for people paying via Visa/MC can be emailed to Lisa at :
lisahadley@gmail.com or faxed to 503-828-9840