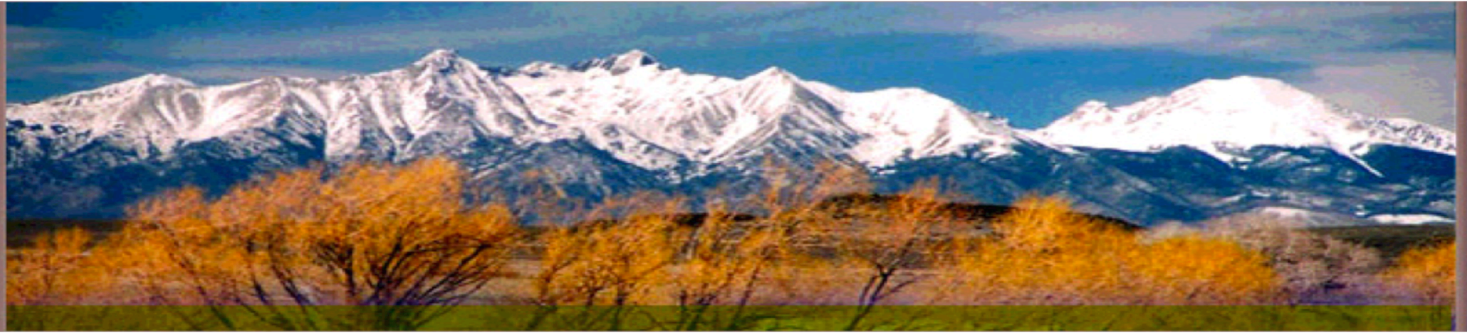


Explore “Life at a Higher Level” October 30 – November 2, 2013 in Taos, NM



Women of the Ages:

Honoring Your Wisdom – A Retreat Workshop for Women

Presented by Carol Adamski



Reflect, envision, journal,
share, relax and enjoy.

Questions? Please feel free to
call me at 408.761.4446

Register at:

www.CarolAdamski.com



This retreat workshop is for women of all ages who have the desire to:

- Connect to your **heart** like never before.
- Unleash deep and hidden **inner treasures**.
- Experience **deep listening**.
- Acknowledge and **celebrate your purpose** and place on this earth.
- Learn from and be a part of a **community of inspired women**.

There is wisdom you have gained that is to be held with reverence and fully brought to life. The more you say ‘yes’ to the wisdom that comes from your pain, struggle, and disappointment as well as the learning that comes from loving and being loved, giving and receiving, the more you **flow with life – steady, strong and gentle**.

“Women’s work is always toward wholeness.”

~May Sarton

"It's easy to be yourself, have fun, learn and grow in Carol's retreats. Her workshops are not about hype, how to's and rah-rah but - the experience of knowing your truth and the joy of living your purpose.

Gail Brownell, San Francisco, CA



"Carol is a truly gifted teacher. She creates a safe space to listen deeply and connect into the source of who you really are. I gained a profound trust in my 'knowing' as a woman. I acknowledge my wisdom, gentleness, and strength in new ways."

Erin O'Brien, San Jose, CA

About Carol Adamski

Carol Adamski, M.A., is a warm, funny, insightful and powerful leader dedicated to helping others make positive, effective change in their lives.

For years Carol has led seminars and retreat workshops for women nationally and internationally. As a life and professional coach for 20 years, she demonstrates strength and compassion with the ability to listen deeply and ask just the right questions.

Carol's success began first as top sales person and later as business director of a multi-million dollar corporation where she was awarded often for her accomplishments. The hundreds of women who attended Carol's "Knowing Retreat Workshop" published a book of their reflections in her honor.

Recently Carol has created a website dedicated to inspiring people to live in gratitude. www.GratitudeHabitat.com She holds a Masters in Education/Counseling, is a Certified Hypnotherapist and a Certified Retirement Coach.

"My mission is to assist women in realizing their heart's desire, to stand tall in their truth, value their unique gifts and respect their path. I have great respect for each woman's journey." ~Carol Adamski

Retreat Details

Dates: October 30 – November 2, 2013

Location: Taos, New Mexico

Tuition: Register by Sept. 15: \$995 or bring a friend for \$895 each. After Sept. 15: \$1,195. Price includes 10 meals.

Retreat is limited to 16 women.

Lodging: We have exclusive use of Southwestern-style **San Geronimo Lodge.**

Room Rates: \$141 + tax & gratuity. Single occupancy rooms. Call 800.894.4119 to choose and reserve your room.

www.CarolAdamski.com

By Phone: 408.761.4446

Register Now



"We have stories to tell, stories that provide wisdom about the journey of life. What more have we to give one another than our 'truth' about our human adventure as honestly and openly as we know."