

Mother Loads of Love

WOMEN'S RETREAT & SEMINAR

The more love we receive, the more we can give,
so let's learn to learn to live in The Mother Load of Love!
Regardless of our childhood, we can learn to nurture, heal and
empower *ourselves* in ways that inspire us and others while we have fun
and play in nature with new friends. We'll learn to open up and
receive more of the vast and loving care that Life has to offer,
and leave feeling recharged, refreshed and living in love!

DATE

May 12-13
The Friday & Saturday
before Mother's Day

LOCATION

Wellbeing Retreat Center
557 Narrows Road, Tazewell TN 37879
423-626-9000

Speakers



Angelique Medow

WILLPOWER GURU, EVENT HOST
Angelique designed this event as a lead-in to Mother's Day and an opportunity to grow in unconditional, mother-like love for ourselves. Her career in public speaking and coaching inspires people to kick harmful habits and addictions. She is also a nearly 20-year veteran in home design and hosting television shows on HGTV. willyou.guru



Dr. Susan Fidler

HERBALIST
Susan J Fidler trained at the College of Phytotherapy in the UK, where herbal medicine plays a vital and recognized role in the healthcare system. She has a Doctorate in Naturopathy and a Bachelor of Science degree in Herbal Medicine. She is also a Registered Herbalist with the American Herbalist Guild. She has completed specialist courses in care for cancer patients, detoxification, Brain Chemistry, Functional Endocrinology, and Brain and Neurotransmitter function, and has a doctorate in Naturopathy. riverdellherbs.com



Don Oakley

Don Oakley is the Founding Director and onsite Manager of the Well Being Retreat Center. Don has presented lectures on the environmental issues of honeybees at Roane State Community College, Bee Friends of Claiborne County and for an Environmental Science class at Lincoln Memorial University.



Patti Bottari

Patti Bottari is the Director of Relations at Well Being Retreat Center. She has previously worked directly with Byron Katie and Adyashanti, both internationally known, non-dual teachers. She also worked with fertility support groups as a Registered Nurse at Stanford University.



Lisa Gontarski

For over a decade, Lisa Gontarski's gentle, relaxing and restorative energy work has assisted clients to clear past traumas and create willingness to heal physically, emotionally and spiritually. Her work with people and animals is transformative and optimizes health and well-being. living-essence.com

COST AND RESERVATIONS

Pricing for the whole event including Friday night lodging, four meals and tuition ranges between \$335 and \$420 per person depending on lodging option selected. There is also a Saturday Only option for \$250 which includes three meals, tuition but no overnight accommodations. Lodging choices will be on a "first come, first serve" basis.

Delicious meals will be freshly prepared with mostly-organic, gluten-free, and low-glycemic ingredients.

For anyone wishing to stay longer, lodging Saturday night and Sunday accommodations may be arranged by calling 423-626-9000 or emailing Patty@WellBeingCC.org.

To register or get more information, visit
www.WellbeingRetreatCenter.com

Seminar Agenda

The program is tailored for relaxation, fun and exploring new activities at a location that is rooted in silence and abundant nature.

FRIDAY

- 4:00 Check in
- 5:00 Welcome & Intro by Angelique Medow
- 5:15 Meditation
- 5:45 Swim, Walk or Kayak
- 7:15 Dinner
- 9:15 Campfire & Stories

SATURDAY

- 8:30 Breakfast
 - 9:45 Speaker: Patti Bottari — "Refocus Your Story" and see your life in a whole new light!
 - 11:00 Speaker: Angelique Medow — "Be Your Own Best Mother" and learn to open, receive & nurture you!
 - 12:00 Lunch
 - 1:15 Speaker: Don Oakley — "Queen Be." Visit a real hive and learn about "bee-ing" The Queen!
 - 2:20 Break on your own or Meditation with Patty, your choice
 - 2:45 Speaker: Dr. Susan Fidler — "Natural Remedies for Stress, Sleep & Energy" to help heal you and your family!
 - 4:15 Speaker: Lisa Gontarski — "Connect and heal with Mother Nature."
 - 5:40 Take sack snack for your ride home, pack up & drive happy!
- ✿ BRING A FRIEND OR COME ON YOUR OWN. ✿

