



# MANIFEST YOUR MAGIC

A Transformational  
Women's Retreat in Hawaii  
March 3-7, 2010

CELEBRATE YOUR BEAUTY, SENSUALITY AND CREATIVE POWER

**Join us on the beautiful island of Hawaii for four days all about nurturing you:**

**Body, Heart, Mind and Spirit.**

**In this tropical paradise we will guide you to discover your own magic and creativity, manifest your true desires, and celebrate *your* beauty.**

**Expect laughter, fun, and deep reflection honoring the strong beautiful women we are.**

**We** invite you to take this journey to wholeness and joy with your hosts Jan & Hilary.

Jan Goff-LaFontaine: social worker, photographer, and author

Hilary Nicholls: holistic chiropractor, energy healer, and well-being coach

**Discover with Jan** a new vision of yourself, by collaborating with her to create a healing essence photograph. Through this unique process you will express the soul of who you are, and see and celebrate your beauty in a new way.

**Explore with Hilary** the healing power of your passion, allowing you to let go, live juicier, dance freer and manifest from your unlimited possibility consciousness.

**W**ithin this safe and supportive circle of women, you have the opportunity to:

*\*Access your creativity through photography, painting, writing and movement in an environment of natural beauty that allows us to be more open to our own magic.*

*\*Realize the beauty in ourselves, and each other, by helping each other to view ourselves through a different 'lens'*

*\*Reevaluate the patterns in our lives that may be limiting us, and learn how to safely let go and soar higher than we ever dreamed.*

*\*Experience the empowerment of sharing and being supported by other compassionate and creative women, as we discover a new vision for our lives.*

**T**he meditations & movement exercises guided by **Hilary** help you to become more aware of your unique essence, and how this feels through your whole body and being. As this experience builds, you learn to 'step into' and move from your true center, where manifesting what your heart desires is as natural as letting go and dancing to your favorite music.

**Hilary** - "When we hold a new vision of who we are and what our lives can be, and experience in our bodies the healing power within, our past wounds become doorways through which we emerge as whole, healed and a gift to the world. As we allow ourselves to live from a sensual place, we experience more passion, awe, joy, and gratitude."





# MANIFEST YOUR MAGIC

**Jan** - "I began my work helping women who are survivors of abuse to discover their beauty and strength through collaborating with them to create a portrait that expressed the true essence of who they are. When I interviewed and photographed these women, my intent was to see their strength and beauty; that was the only thing I was looking for, and that was all I saw. The lens I was looking through, literally only saw beauty. What I did through this process was help the women to look through *my* lens and see what I saw. I essentially held a mirror up so they could see their beauty. You don't need to be a photographer to see this beauty, and during our retreat, I will help you to see and capture this in yourself and in others."

Our mornings will be filled with group activities and processes. Each afternoon we will have a break to allow time for rest, play and integration. We will offer activities during this afternoon break, mostly centered around nature and its healing power, or you can also choose to take this time to explore on your own, or simply rest and take it all in. Dinner and a short evening session will round out our day.

We gather daily for sumptuous gourmet meals served on the open-air lanai (veranda). Our meals celebrate the abundance of Hawaii by serving local tropical fruits and vegetables and freshly caught fish.

On our last evening together, we will indulge our senses with a *Goddess Gathering/Pampering Party*, nourishing ourselves as we practice both giving and receiving. This fun and juicy evening will include such sensual delights as foot baths, hand, foot and shoulder massage, fresh tropical fruits and *decadent chocolates!*



**Where: Kalani Oceanside Retreat Center on the Big Island**

**When: March 3<sup>rd</sup> – 7<sup>th</sup>, 2010**

**Why: *Because YOU deserve it!***

Price includes retreat accommodations & all meals  
Cost: \$995 to \$1695 depending on accommodations

Lodge- double shared bath	\$ 995
Lodge- double private bath	\$1055
Lodge- single shared bath	\$1135
Lodge- single private bath	\$1255
Cottage- double	\$1115
Cottage- single	\$1295
Tree House- double	\$1295
Tree House- single	\$1695



Call Transformation Destinations

Hilary Nicholls 831.642.2622

or

Jan LaFontaine 831.687.0527

[www.nextsteps-online.net](http://www.nextsteps-online.net)

[www.janlafontaine.com](http://www.janlafontaine.com)

[hilarynicholls@att.net](mailto:hilarynicholls@att.net)

[info@janlafontaine.com](mailto:info@janlafontaine.com)