

Jane Pollak

Invitation for Women Business Owners *Create Your Own Future – Retreat & Renewal*

The Perfect Getaway to Focus on Your *Future*



Kripalu Center for Yoga & Health
In the Berkshires of Western Massachusetts
April 5-7, 2009

Program Overview

In this spiritual, peaceful setting with all your worries behind you, you'll be amazed how easy it is to focus on creating your own future. Work alongside a group of talented women business owners as your instructors guide you through a powerful combination of exercises, visualizations, discussions and instruction.

At the end of three days you will:

- ❖ Come to a true understanding of what you really want, what you were born to do.
- ❖ Embody success and realize it's attainable, not out of your reach.
- ❖ Enjoy a clear vision of your goals and ALL the steps towards making them happen.
- ❖ Walk away with tools and a plan to attract the positive, constructive support you need from others.
- ❖ Be empowered, excited and motivated to attain your dreams by each other's inspirations.

Meet Your Guides



Jane Pollak, is a Certified Professional Co-active Coach and the author of *Soul Proprietor: 101 Lessons from a Lifestyle Entrepreneur*. She is frequently featured in the media including The Today Show, HGTV and CBS News. Jane ran a highly successful business as an artist. Since 1999 she has focused on coaching entrepreneurs and leading dynamic workshops and retreats for business owners.



Ken Nelson, PhD, an experiential educator since 1975, is a leader in mind-body learning, group creativity, and teaching traditional healing arts. Ken mentors, consults, and offers seminars worldwide. A former Fulbright lecturer and Kripalu scholar-in-residence, he is writing a book on mind-body learning and collective wisdom.

Schedule - Group Sessions and Time for Relaxation & Renewal

	Day 1	Day 2		Day 3
7:00 – 9:00am		Free Time <i>Breakfast/morning exercises</i>		Free Time <i>Breakfast/morning exercises</i>
9:30am – Noon		Group Session – Part 2 Creating Your Own Future		Group Session – Part 5 Creating Your Own Future
Noon – 1:00pm		Free Time <i>Lunch/Classes</i>		Free Time <i>Lunch/Classes</i>
1:00 – 3:00pm	Check-in begins at 2:30 pm	½ group meets for Group Session – Part 3 Creating Your Own Future	½ group has Free Time – <i>Enjoy yoga, dance or experiential workshops</i>	Conclusion of Creating Your Own Future
3:30 pm	Welcome – Opening of Program	½ group has Free Time – <i>yoga, dance or experiential workshops</i>	½ group meets for Group Session – Part 3 Creating Your Own Future	
4:00 – 5:30pm	Group Discovery Session			Stay late — <i>You may want to stay and workout, enjoy yoga or dance.</i> <i>(Departure for everyone is before dinner.)</i>
5:30 – 7:00pm	Dinner <i>Enjoy yoga, dance or experiential workshops</i>	Dinner <i>Enjoy yoga, dance or experiential workshops</i>		
7:30 – 9:00pm	Group Session – Part 1 Creating Your Own Future	Group Session – Part 4 Come As You'll Be Party		

Accommodations

An important aspect of the Kripalu setting is that it offers time away from your daily routines, activities, and surroundings. This frees you to focus on the purpose of this retreat – Creating Your Own Future. Surrounded by the beauty of the Berkshire Mountains, you'll find it inspirational, meditative and serene.

The facility was formerly a Jesuit seminary so accommodations are simple, yet immaculate and comfortable. Kripalu is a place where everything you need is conveniently provided without modern-day distractions like television.

All of Kripalu's activities take place within the context of a retreat center offering in-depth immersion programs, wholesome meals, saunas, whirlpools and other supportive amenities. Kripalu promotes a healthy lifestyle supportive of learning and positive change.

Dining

Eating well is one of the most important things you can do to support your health and spiritual growth. The Kripalu Kitchen provides an array of natural, organic, and local foods, including vegetables, proteins, and nutritious grains. Your stay includes all meals which are served buffet-style and are primarily vegetarian; fish and poultry options are usually available for lunch and dinner. You'll also find freshly baked breads and fresh fruits.

Rates

Your tax-deductible business investment: Per person, for dormitory accommodations \$1095

Upgraded accommodations (subject to availability):

Shared standard room: additional \$80
Shared w/ hall bath: additional \$160
Shared w/ private path: additional \$280
Single w/ hall bath: additional \$320
Single w/ private bath: additional \$460

Special Discount

Early-bird reservations made by February 15th pay only \$995 for the entire retreat. A **\$100 discount!**

Included

- Three days and two nights stay at Kripalu Center for Yoga & Health
- "Create Your Future" sessions and program materials
- Kripalu's delicious all-natural meals
- Daily experiential workshops, guided outdoor activities, yoga and YogaDance classes
- Use of amenities: sauna, whirlpool, fitness room, private lakefront beach, walking and hiking trails, and more.

Excluded

Any travel arrangements to and from the Kripalu Center or charges for items of a personal nature such as laundry, room service etc.

Group Size

Space is limited to 20 participants. Don't delay, register today.

Deposit and Final Payment

Reservations will be accepted, in order of receipt, when accompanied by a completed reservation form and a deposit of \$250 or the entire balance of \$1095.

The final payment of your remaining balance is due March 15, 2009.

Cancellation Policy

If you choose to withdraw your enrollment from this course, and if it is 21 or more days prior to the start of the course, you will receive a full refund, less a \$50 non-refundable registration fee.

If you withdraw fewer than 21 days prior to the course, you will not receive a full refund (less a \$50 non-refundable registration fee) unless your spot has been filled.

Register

Click [here](#) to register and for payment instructions. If you have questions contact Jane Pollak at jane@janepollak.com.