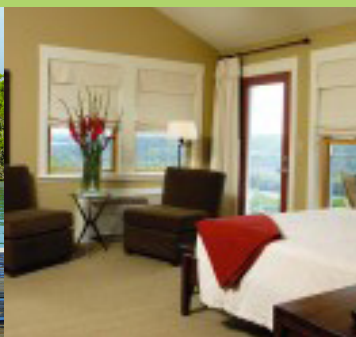


Reflect, Reclaim, Re-Balance: A Woman's Self-Renewal Retreat

Do you want to reconnect with who you are? Are you in career or life transition?
Do you crave time for rest and relaxation? De-stress, refresh and rejuvenate in a nurturing, empowering and supportive environment. Explore the transformative power of self-care. Take time to slow down, nurture your inner life and emotional well-being and live in the present moment. Enjoy quiet reflection and get in touch with your needs and desires. Women of all ages are welcome!

April 23-25, 2010 • The Crossings • Austin, Texas



Retreat facilitator career/life-balance coach and president of Career Strategists, Trudeau is the author of the highly-acclaimed *The Mother's Guide to Self-Renewal: How to Reclaim, Rejuvenate and Re-Balance Your Life*. She has led numerous women's life balance/self-renewal groups and retreats and her spirit-nourishing approach to life has been featured in Family Circle, AARP, American Way, Parenting, on CBS and more: visit www.ReneeTrudeau.com and www.CareerStrategists.net.

This retreat can help you:

- Explore your heart's desire and soul's purpose through powerful exercises
- Understand how to meditate and learn ideas for daily spiritual renewal
- Rest, relax and connect with your body's natural rhythms
- Learn how to integrate self-renewal/self-nurturance ideas into your daily life
- Experience meaningful connection with like-minded women at various life stages
- Enjoy quiet reflection and get in touch with your physical/emotional needs

"Renée has the amazing ability to create a nurturing, sacred space which honors and celebrates each woman. Attending her retreat was transformative. I now understand how essential it is to slow down and take time to nurture my spirit. I am still using what I learned at the retreat in my daily life."
—Mary K.

Register now ~ Space is very limited!

Visit www.ReneeTrudeau.com to view Spring Self-Renewal Retreat Package details.

Package includes private lodging, gourmet meals, Crossings/spa amenities, post-retreat career/life coaching support and more. Retreat registration is \$399 (lodging is additional). Register now for early bird rates. Commuter rates and payment plans available!

Bring a Friend Offer: Special benefits apply when you bring your mother/sister/friends.

Contact info@renee-trudeau.com to learn more or call 512-459-6700. Checks/credit cards accepted.



Renée Trudeau