

Horizon Institute presents a One-Day Retreat

**Saturday, Oct 14, 2006**, 8:00 AM - 6 PM

MOJO Rising Workshop & Event Studio  
140 Lithia Way, Ashland, OR 97520



**TRANSITIONS**  
Ending Relationship  
Health challenge  
Career change  
Empty nest  
Midlife crisis  
Dramatic weight change  
Retirement  
Relocation  
Crisis of faith  
Suddenly single

# Women in Transition: The Call to a Larger Life

You've heard the adages: *crisis is another word for opportunity; when life gives you lemons, make lemonade; trials build character, etc.* All well and good, but just how do you navigate the rough waters of transition? What skills and tools make the journey more enjoyable and the outcome even delightful? In this dynamic one-day retreat, my colleagues and I will engage you in skills, techniques and practices that can help you answer The Call to A Larger Life inherent in every transition. AND - we'll have fun, too! A follow-up group conference call and an individual private coaching session with me - included in your investment of \$250 - will further empower you to make the best of every transition.

-Elizabeth Austin

**Learn skills, practices  
and techniques proven to  
help transform confusion,  
frustration, overwhelm and  
isolation into clarity, courage,  
peace, hope, joy, and  
endless possibilities.**

## Topics and Presenters

- **Answering the Call: An Inside Job**

Coach Elizabeth Austin, RN, CPCC, *The Extraordinary Life Coach*

- **From Physical Exams to Sacred Shimmies: Claiming the Well Body**

Robin Rose, MD, *Physician & Belly Dance Teacher*

- **The Balanced Weigh for Healthy Transitions and Beyond**

Linda Willis, EdD, *Health Educator, founder/instructor of The Balanced Weigh Health and Weight Management Program*

- **Evolution of a Dream**

Sharon Mehdi, *peace & hope specialist, healer, author*

- **Attractor Field Technique: Make Changes Faster and Forever**

Becky Ruffing, MaEd, *Energy Practioner and Trainer*

- **From the Inside Out**

Barbara Zollinger, *performing artist*



"Elizabeth Austin is a master at helping people find their life's true purpose while offering state of the art techniques for the enhancement of their body, mind and spirit. Her wise and compassionate training is for those who would dare to be all that they can be."

-Jean Houston, Ph.D

**Investment:** \$250 includes retreat, follow-up conference call, & a private session with Coach Elizabeth Austin.  
**Pre-registration required.** Limited seating; register now! Four work- study scholarships available.  
**\$199 til Sept 15!**

**You will leave this retreat with resources you can use for making transitions with more clarity, courage, power, peace, humor, and grace.**

For information, contact Elizabeth: [mycoach@mind.net](mailto:mycoach@mind.net) or 541-482-4132. [www.CoachElizabeth.net](http://www.CoachElizabeth.net)



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**REGISTRATION  
\$199 til Sept 15!**

NAME \_\_\_\_\_

Dietary restrictions: \_\_\_\_\_

ADDRESS \_\_\_\_\_

How did you learn about this retreat?  
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PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

Investment \$250. Make check to Elizabeth Austin and mail to 320 E Main, Suite 204, Ashland, OR 97520