

Radical Self Forgiveness Retreat

May 27 - 29 Coco Belle Ridge Retreat Lodge
Smoky Mountains in Tennessee

This life-changing workshop is most definitely for you if you:

- Have a tendency to beat yourself up a lot.
- Want to free yourself from the guilt of the past.
- Have a recurring 'negative' pattern in your life.
- Have a habit of always putting yourself down.
- Feel you must be perfect but will never be.
- Feel stuck or in some ways blocked.
- Feel that you are flawed in some way.
- Harbor a secret about yourself.
- Want more success in your life.
- Would like to feel better about yourself.
- Are ready to build a NEW you.

get
Radical

The direct path to true self acceptance

Many of us are often at a loss when it comes to forgiving ourselves. In this workshop, the experiential processes, art, music and holotropic breathwork are designed to resolve our deepest internal wounds and create a profound shift at the spiritual level. Held in the pristine Smoky Mountains of Tennessee, this retreat offers a safe and nurturing environment for those seeking transformation and healing. You will be integrating the healing with experiences in nature like hiking, campfires and watching the sunset from the top of a mountain.

Space is limited to a small group, register early to reserve your space. It is recommended that you read Radical Self Forgiveness, by Colin Tipping. All food and lodging is included. Transportation to the lodge is on your own, shuttle service can be arranged from Knoxville airport. \$695 Begins Friday May 27 at 2 pm and ends Sunday May 29 at 4pm.

Miracles Weekend Workshop

June 24 - 26

***The ultimate healing intensive designed to remove the blocks
that have kept you stuck or in pain.***

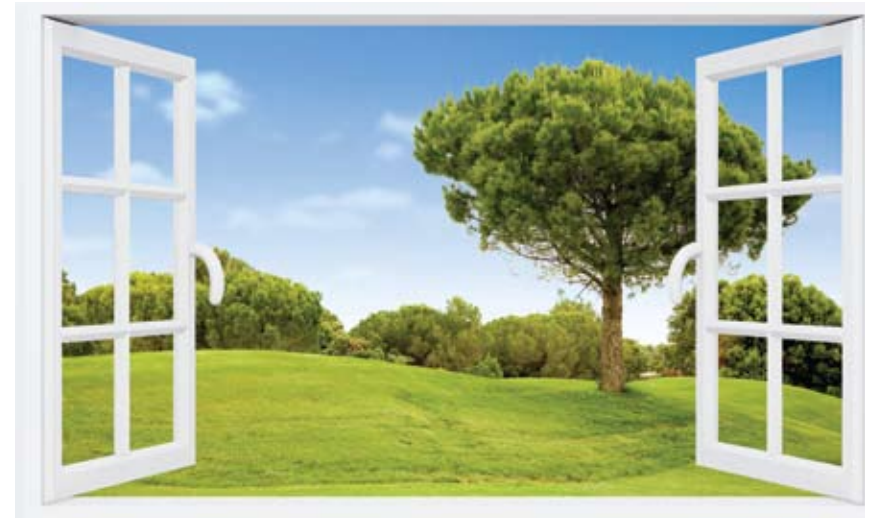
No one leaves without having experienced a release around at least one significant issue that has been blocking their happiness. The underlying anger, guilt, sadness, hurt and shame is dissolved; and people leave feeling joyful, light and full of hope. The situation causing the problem usually dissolves as well.

The shifts that occur in people are nothing short of miraculous. And the shifts endure. People do not regress to victim hood afterwards as often happens after other workshops. Too much has shifted physically, mentally, emotionally and spiritually through the process.

Discovery: During this incredibly rich experiential weekend, you will break through the veil of everyday reality and discover the spiritual reasons for events, both good and bad, joyful and painful, and why specific people have come into your life. You will see that there is a Divine plan and purpose for everything we experience. Because it is limited to just 10 people, you get a lot of 'hands-on' assistance and gentle guidance from Mary in moving through, and healing, deeply-rooted core issues, hurtful memories, resentment from the past, and traumatic experiences. True freedom will be yours. It is recommended that you read Radical Forgiveness Making Room for the Miracle, by Colin Tipping. The Miracles workshop includes a 'Satori' Breath work Session, art, music and emotional release processes. June 24 - 26 \$395, save \$50 if registered by June 3 with \$100 deposit.

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Mary Canane, LMHC
Summer of 2011 Workshop Schedule
www.marycanane.com



An Invitation to Healing

the deep wounds and emotional issues
that have kept you stuck, in pain or playing it small.
Free your energy to live an empowered and fulfilled life.

Telephone: (561) 301-5355
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Satori Game Night

Transformation can be FUN!



Experience the extraordinary **POWER** of this fun board game.

"Satori" promotes laughter, insight and growth - revealing wisdom in wondrous ways. People say " *You don't play this game..... It plays you!*"

April 1, May 6, June 3, 7-9:30 p.m. - \$20

Free Satori Game April 16, 3-5:30 p.m. Sign up early space is limited

Three Letters to Forgiveness



A simple, yet powerful, way to clear out the old and make room for the new is through using the tools of Radical Forgiveness. This workshop utilizes the Three Letter Tool which takes you through an experiential process that provides for healing, emotional release and empowerment through writing three different letters.

This process gets to the root of the pain or stuckness, releases the emotion and creates a gradual shift in perception and energy. Utilizing writing, art, music, shadow work and emotional release processes, this workshop integrates the healing with mind, body and spirit.

April 8, 7 - 9 p.m.

April 9, 10 a.m. - 5 p.m.
\$95

Must attend both Friday and Saturday

Magic of Radical Forgiveness

This transformational experience is for you, if you :

- Want to free yourself from the past
- Have a recurring negative pattern in your life,
- Have unfinished business with someone
- Feel stuck, blocked, carry guilt
or that you just want more happiness and peace in your life.



The Radical Forgiveness Ceremony is a sacred healing circle. This largely non-verbal process preserves privacy and anonymity, yet has proven itself to be extremely powerful and effective in allowing people to forgive themselves and others, and to find peace and happiness.

In the workshop setting,

Participants will be allowed time to process their individual forgiveness issues and release the pain and emotion that has been tied to the past. All this is done without having to share personal information with the group.

A truly magical experience...

that opens the heart and allows healing energy to flow.

Limited to 20 people May 14, 1-5 p.m.

\$50

"Horses, Healing and Honoring Your Path"

Saturday, March 26, 2011 - 9 a.m. to 4 p.m. registration begins at 8:30

Equine Rescue & Adoption Foundation, Palm City

Let Go of Limitations... What are you carrying? A dead-end job, extra weight or unsatisfying relationships and what is the cost of carrying those burdens? Where do you want to go and how will you get there in 2011?

- Hands on exercises with horses
- Dream Catcher Project
- Meditative Walk
- Journaling Techniques
- Lunch included



Join Mary Canane LMHC, Rachel Ibarra, Executive Director of Nature Speaks and Judie Heuer, horsewoman at an exciting daylong empowerment workshop learning with horses and nature.

Registration is limited and the cost to attend including lunch is \$95 for the day.

Call or email Rachel Ibarra for reservations at (561) 632-2394 or rachelnoznewz@bellsouth.net.

Visit our web site www.nature-speaks.com.

Satori Game Master Skills

Have you enjoyed Satori so much that you are inspired to give others this healing experience? Would you like to make extra money hosting game nights? Is this an activity you would like to introduce to a group or organization? This class can give you, and your players, the confidence in using this tool as a healing modality.

SATORI game to follow from 7 - 9:30 pm. Game Masters will be able to practice with their own groups following the training. Sign up now to play Satori with our new Satori Game Masters! Space is limited, must pre-register to play the game.

May 6, 3-5 p.m. - \$30

Loving Connections Couples Workshop

Mary Canane, LMHC And Celeste Wilkinson, LMT

Numerology Communication Massage

Discover the 'gifts' you bring to each other in your differences and uniqueness.

Your birth date and name reveal your soul connection.

See how effective communication can prevent problems or disconnection.

Learn a powerful dialogue process that allows you to truly feel heard.

Find out how touch enhances the loving connection as a potent way to communicate.

Learn basic massage techniques to remove stress.

May 21, 9 AM - 5 PM - \$120 per couple - lunch included



Mary Canane practices as a Marriage Counselor and Psychotherapist in Loxahatchee, Florida. Mary brings 25 years of Counseling experience to assist you in awakening to your true, authentic nature... and discover the resources to move through any challenge in life. Empower yourself with the tools that provide healing, insight, trust and growth.

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