

Workshops Scheduled

SUNRISE MEDITATION led by Tahirah AbuBakr, FIRE BOWL CLEANSING led by Karen Hunt, MEDITATION GARDENING led by JoAnne Jones, **Special Guest presenter, MS. KHALIYAH WASHINGTON**, Radio Personality and popular Solar Biologist will hold two workshops, one on **BODY ALIGNMENT & TREAT YOURSELF WELL FROM THE INSIDE OUT, DRUM CIRCLE** led by Beth Robb, **HEALING HERB WALKING TOUR** led by Veronica Gordon the Bush Woman.



RETREAT RATES

Full 6 Nights, 7 Day Retreat, which includes semi-private accommodations, three meals a day, all workshops and group activities is \$875.00

To attend the retreat, without accommodations, the rate is \$425.00 Anyone attending a workshop, but not the entire program, the daily rate is \$75.00

A 50% non-refundable confirmation deposit is due, April 2, 2010. The balance is payable upon arrival . Bank Check, money orders, & PayPal accepted. **Book by March 23rd and receive a 15% savings* on retreat rate.**

**not applicable to daily rate*

For more information, please see contact information below.

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L. Judith Carroll
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"7 Keys to Wholeness" Women's Retreat

May 19th thru May 26th

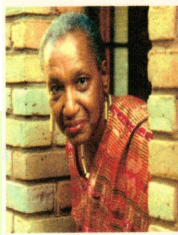
in

**St. Croix, US Virgin
Islands**



7 Keys to Wholeness Workshop

Tahirah AbuBakr, Spiritual Teacher and Healer, will head the “7 Keys to Wholeness” workshop. Ms. AbuBakr has extensive experience in human and group dynamics supported by academic studies, entrepreneurship, community service, and life. Ms AbuBakr has received Mayoral citations and other civic recognitions for education programs she developed for adolescent girls and women. A Mississippi born grandmother and master Chef, she earned a BA in Social and Cultural Anthropology and a Certification in Cross Cultural Studies at Purdue University. She is co-author of “Emotional Wellness for Women, Volume I”.



The International Institute for Life presents the first annual women’s retreat, **May 19th through May 26th**, in America’s Paradise, **St. Croix** in the **US Virgin Islands**, at the beautiful and ecologically acclaimed *Northside Valley* on the northwest end of the island. The retreat will assist women in reclaiming their lives and recommitting to their health and happiness. We will cleanse our bodies, reclaim a state of homeostasis, acknowledge our past blockages, and get in touch with our inner spirit. We will guide you in the direction of wholistic healing, a oneness of mind, body and spirit. We will explore all aspects of our being in order to establish a sense of good health and spiritual wellness, while we reconnect the physical and internal spirit to achieve the picture of wholeness that YOU create. You will be guided through the process of reclaiming and sustaining a sense of peace. We have scheduled workshops and off-site entertainment to provide a full vacation experience, in the midst of the healing work. You will leave de-stressed with a greater sense of your being and with tools to enhance and sustain the quality of life that you want for yourself, your family, community and society as the 21st Century continues to unfold.

L. Judith Carroll is a Master Vegan and Raw Food Chef, Nutritional Consultant and Entrepreneur. With a full forty years of work in healthy lifestyle training, Ms. Carroll is well versed in the tools needed to restore your body to the state of homeostasis. A New Jersey native, Ms. Carroll has studied with internationally acclaimed raw food masters Aris Latham of Sunfired Foods in Jamaica and Rita Romano, former Executive Chef of Hippocrates Health Institute., among others. She holds a Certificate of Achievement from the Ann Wigmore Health Institute and is a professional member of the American Association of Nutritional Consultants. She was head chef and owner of the Soul Good Juice Café in Durham, NC. Ms. Carroll holds a BA degree in Media Studies from Fordham University.



Foods That Heal Workshop