



# Women's Spring Retreat at ThorpeWood Focuses On Wellness

Self-awareness, relaxation and nurturing of the female spirit were themes of the first Wholistic Woman Retreat attended by 60 women held Saturday, March 20 at ThorpeWood, a mountain retreat facility near Thurmont, MD.

This day of self-renewal, called the "Spring into Wellness" Retreat, was planned for the first day of spring by the Wholistic Coaching Coalition. The Coalition is a group of central Maryland women trained in personal and professional development. Their mission, through retreats and other lifelong learning avenues, is to energize women to reach their highest life potential.

The day's goal was to support women's growth and energize them, as the mission states, to reach their highest life potential. The women attended sessions on wellness including personal growth and values; energy, happiness, ageless beauty, journaling and meditation. High quality wellness practitioners offered massage, yoga, Reiki, chiropractic consultation and acupuncture.

"This day away gave women the opportunity to focus on their own deepest wishes for their best life," said Carol Hayes, a life coach and lead organizer of the event. "Through our activities and presentations, women were able to take away practical, proactive, ways they can move their life along the path they define for themselves, instead of living reactively." The other life coaches who organized and presented at the retreat were Lisa DiSciullo, Jeanette Eleff, Kelye Rouse Brown and Laura Hall; and Sandie Lynch, a dietitian/nutritionist who coaches people on a holistic approach to honor the body through behaviors that transform the body into its best at any age.

Sponsors and practitioners provided services and resources to enhance the experience for the attendees and to keep the registration cost affordable (see box).

Women who attended were elated with the day's experience and enjoyed sharing their newfound self-awareness at a wine and cheese gathering organized at the day's end

Lisa McFarland, one of the attendees, said she found refreshment in the ideas she explored.

"The Wholistic Women's retreat was refreshing and energizing," she said. "It was a gentle invitation to ease into spring with the fresh breath of feminine creativity, strength and beauty."

The organizers plan to hold several retreats during future years, and those who attended already are planning to return and bring female friends to share the experience.

"The day provided relaxation, introspection, lessons and the opportunity to meet like-minded women. I came away feeling refreshed and empowered and look forward to the fall retreat," said Deb Horrworth, one of the attendees.

The location and date of the fall retreat will be announced soon.

Visit  
[www.wholisticwomanretreats.com](http://www.wholisticwomanretreats.com),  
 or email  
[info@wholisticwomanretreats.com](mailto:info@wholisticwomanretreats.com)  
 for more information.

The Wholistic Coaching Coalition also has a facebook fan site for Wholistic Woman Retreats that members can join to keep updated on the group's activities; go to Facebook and search Wholistic Women Retreats to join!



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