



Finding Your Voice

A journey of knowing & becoming your true self



In Terry Tempest Williams's most recent book, *When Women Were Birds*, she explores the mystery her mother left her when she died ...

"My mother had left me her journals, and all her journals were blank. I had hoped to find her deepest thoughts, her dreams, her struggles, alongside her wisdom. What she left me were her silences."

What is written in the silent pages of your life?

What are the thoughts, hopes and dreams that have never fully taken shape or been heard outside the silent chambers of your mind? What are the struggles, fears and wisdom that you have never voiced? What are your unique brilliancies – your gifts to share with the world?

Finding Your Voice: A Journey of Knowing & Becoming Your True Self

is an opportunity to join with other women who are seeking...seeking to know and become their true selves.



A journey in two parts...

Guiding your journey...

Adina Laver, M.Ed., MBA is a certified professional life and leadership transformation coach. Her clients include spiritual teachers and guides, leaders in the field of education, and others who are ready to make a serious commitment to embracing their truth and transforming



their lives. She works with clients to cross the bridge from what is to what can be in their lives to achieve greater happiness, confidence, productivity and effectiveness in all realms of life and work. She is dually trained as a Core Energy Coach through the Institute for Professional Excellence in

Coaching (www.ipeccoaching.com) and as an Axiogenics Coach (science of value generation) through Axiogenics, LLC (www.axiogenics.com).

Meredith Mustard, BFA is a classically trained artist (Cooper Union, NYC). Her winding path has led her through various incarnations as a sign painter, hand-



papermaker, calligrapher, graphic designer, hand-book-maker, illustrator, printmaker and painter. She is creatively attuned to the universe with special interest in what makes us human. She has made art with homeless children and young children with autism, studied the artwork of mentally ill patients and collected the art of developmentally

disabled adults. Seeking to understand the trauma and neglect her adopted son experienced and to be a healing presence in his life, she has read widely on the topics of attachment, shame, emotional regulation, brain function, parenting, and the effects of trauma. She is a parenting coach (www.meredithmustard.com) and teacher, certified to teach both Beyond Consequences and Positive Discipline. She recently returned from Nepal where she worked with women who escaped from sex trafficking. As ever, she is a painter exploring her inner landscape.

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VILLANOVA · PENNSYLVANIA





One-day Retreat

This journey to find your voice begins with a one-day retreat that invites you to draw back the curtain and meet yourself at a deeper level. This experience will guide you in exploring your inner landscape through art, writing, guided meditation, play, music and movement, coaching, and group discussions - all conducted with an attitude of positive regard.

An important element of this retreat is the building of community among like-minded women who all have a desire to seek and discover the treasures that lie within and to live life fully. We are meant to travel this journey in connection with others. Bring your full self to this extraordinary day and enjoy the rewards of the unexpected.



A few details....






-  Wear comfortable clothing.
We will be playing and creating.
-  Snacks and drinks will be provided.
-  Parking is available at the top of the driveway and on the street.
-  If you have a yoga mat or meditation pillow bring it along. Some will be provided.

Date: Sunday, October 28, 2012
Time: 9:00 am – 4:00 pm
Location: 524 Sproul Road, Villanova, PA
Cost: \$395*

Six-weekly Sojourns

The journey continues with an extraordinarily powerful six-week experience of knowing and becoming.

Meeting on Tuesday nights, we will:

-  Cultivate the practice of positive self regard
-  Engage with the gremlins that undermine self-acceptance and disrupt the path of becoming
-  Explore practices to quiet and transcend the power of the gremlins
-  Investigate the integration of mind, body and spirit in the process of becoming
-  Reveal the gifts that lie within and embrace the next step of living in alignment with your truth



This program stands on it's own. You do not need to have participated in the one-day retreat in order to enroll.

Date: Tuesday evenings
November 6, 13, 20, 27 and December 4 & 11
Time: 7:00 – 9:30 pm
Location: 524 Sproul Road, Villanova, PA
Cost: \$595*

 NAME.....
 ADDRESS.....
 PHONE..... YES, YOU CAN TEXT ME
 EMAIL.....

I AM REGISTERING FOR:

- ONE DAY RETREAT.....\$395
- 6 WEEK PROGRAM.....\$595
- BOTH.....\$895

YOU MAY PAY BY CHECK OR PAYPAL.
 EMAIL: MMUSTARD@VERIZON.NET,
 TO REQUEST A LINK TO PAY BY PAYPAL.
 BONUS: BRING A FRIEND AND RECEIVE
 AN ADDITIONAL 10% DISCOUNT.

MAKE CHECKS PAYABLE TO: MEREDITH MUSTARD & MAIL TO: 524 SPROUL RD, VILLANOVA, PA 19085
 ADINA LAVER 610-324-5608 MEREDITH MUSTARD 610-975-0566

*There is a 20% discount when you register for the one-day retreat and the six-week program together. Total cost for both programs is \$895. While the six-week program expands on themes explored in the one-day retreat, both programs are also designed to be self-contained so you can register for the one-day retreat only, the six-week program only, or both programs together. Enrollment is limited to 15 participants