



## Women's Mysteries Retreat: The Brave Heart

January 20-26, 2008

*Through years of friendship Ann & Tanis have explored together how to incarnate & express the feminine in our world. You are invited to join them on this retreat to:*

- Integrate your soul and body to fully celebrate your womanhood.
- Balance the feminine aspects of love, wisdom and will.
- Learn a Native American model of sexuality to become a Phoenix Fire woman who can dance in all directions.
- Experience rituals of transformation.
- Examine 8 feminine archetypes to identify your lived and unlived selves.
- Identify healthy and unhealthy relationships & attractions as you heal your feminine wounds.
- Discover your inner tyrants and receive tools to release them.
- Take time for renewal and reflection on your life.



**Tanis Helliwell** is founder of the *International Institute for Transformation* which teaches spiritual laws to help people live with meaning and purpose. She has led tours to sacred sites for over 20 years and is the author of *Take Your Soul to Work, Decoding Destiny, Summer with the Leprechauns*.

**Ann Mortifee**, inspirational singer, storyteller, writer, helps you to evoke your heart and soul. She has released 10 albums, 6 musicals and has received The Order of Canada for her contribution to the healing and performing arts.

Ann's husband, legendary flutist **Paul Horn**, will serenade and deepen our journey during the week.

**Location: Villas Shanti, Puerto Morelos, Yucatan with lovely beaches, snorkeling, Mayan sites, dolphin swim.**

**Fee:** \$1295 early registration. \$1450 after Nov 1. Accommodation and meals extra.

**To Register:** 403-241-0933 (Calgary) or 1-800-745-4779

Email: [info@iitransform.com](mailto:info@iitransform.com)

Website: [www.iitransform.com](http://www.iitransform.com)

*The "Women's Retreat" is given one credit towards the **Spiritual Transformation Guide Diploma** with the International Institute for Transformation.*