



REDESIGN YOUR LIFE

A Workshop / Retreat for Women

OUR 2018 PROGRAM BEGINS ON FEBRUARY 10!

IN THE SERENE WOODS OF KENSINGTON, NH

Our “Redesign Your Life” Workshop / Retreat for Women uses an instructionally sound curriculum based on neuroscience and positive psychology to create a personal learning and growth experience that is practical, transformative and fun.

If you’ve been feeling unfulfilled or trying to make changes in any aspect of your life but continue to be disappointed in the results, then come join us one Saturday a month for five consecutive months starting on February 10, 2018 and learn how to finally make it happen. Your seat is waiting for you.



More About the 2018 “Redesign Your Life” Workshop / Retreat for Women Part Workshop, Part Retreat?

If we want different / better results, we must do the work... there simply is no escaping that fact. However, all work and no play is not sustainable... we need to take a break, get away, slow down, get quiet and tune in to prepare ourselves for the journey of self development and growth. The holistic design of the workshop / retreat structure includes and integrates informative / educational, experiential and reflective learning modalities.

How Does It Work?

Personal growth and development is a process... a journey... not an event. Spending a day, a weekend or even a week participating in a learning program rarely yields the desired or expected return on investment of time and money. The intentional time and space between each monthly session allows the seeds of learning and inspiration to germinate and take root. You will be assigned simple, manageable tasks to complete on your own which will increase your retention and accelerate your progress and results. You also have the option of unlimited phone coaching / consultation with Debra (Founder / Owner of ENSO Life by Design) between each monthly session.

What Can I Expect?

While the specific outcomes and changes each individual woman desires and achieves will vary, all participants will gain: 1) key insights about where they are today and why; 2) actionable clarity about where their heart truly wants them to be and; 3) the support you need and deserve to help you unleash the courage that is already inside you to redesign your life.



More About the 2018 “Redesign Your Life” Workshop / Retreat for Women

What Topics Are Covered?

Here is a sampling of topics and themes:

- Self Compassion / Self Care / Resiliency
- Slowing Down / Getting Quiet / Being Still
- Mind-Body Connection / Physical Movement / Energy
- Connecting with Nature and Beauty
- Clearing the Clutter / Letting Go of Obstacles
- Creativity / Self Expression / The Power of Play
- Abundance Mindset / Gratitude / Generosity
- Action Planning / Sustaining and Maintaining

What Is Included?

- Five full days (one Saturday a month for five consecutive months) of professionally designed and facilitated educational workshops and inspirational personal retreat experiences.
- Access to 400 protected acres of fields, woodlands, ponds, walking trails and scenic spots to linger and reflect.
- Access to a variety of inviting indoor spaces within an expansive newly constructed state-of-the-art sustainable meeting facility.
- Healthy farm-to-table breakfast, lunch and snacks each day.
- Unlimited coaching / consultation with Debra between monthly sessions.
- All learning materials and supplies.

(Travel and / or accommodation expenses are NOT included.)



About Your Workshop / Retreat Location – “Alnoba”



Wonderfully secluded in Kensington, NH yet easily accessible by car, Alnoba is just one hour from Boston, Concord, NH and Portland, ME, 20 minutes from Portsmouth, NH and just minutes off Routes 95 and 495.

All meals and snacks are provided by The Farm at Eastman’s Corner, a community-governed, year-round farm and farm market and the exclusive caterer for Alnoba. Eastman’s Corner is a model for economic and environmental sustainability, food production and education and gives 100% of its profits and 5% of every sale to support Kensington’s Sawyer Park, a beautiful, safe and organically maintained place for children and families.

About Your Facilitator and Supporting Faculty



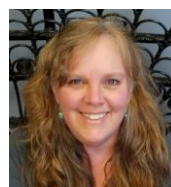
Debra



Hannelore



Alexandra



Lesley



Claude



Debra Schuler – has more than 20 years of experience in corporate learning and development with an emphasis on personal effectiveness and leadership. Since redesigning her own life and launching “ENSO Life by Design” in February 2016, she has narrowed and deepened her focus on helping people lead themselves and their lives with more clarity, purpose and intention to achieve greater fulfillment, joy, success and happiness. www.ensolifebydesign.com

Hannelore Moebius - (C-IAYT, E-RYT 500, APP) is a Yoga Therapist and Ayurvedic Practitioner originally from Germany. She was the founder and director of The Prana Studio for Yoga & Health in Durham, NH for 20 years and continues to share her compassionate and meditative approach in Yoga classes, workshops, Polarity and Reiki sessions, and has offered several Therapeutic Yoga Teacher Training Programs. www.moebius-yoga.com

Alexandra Poulis - started dancing at the age of four and after discovering her love for fitness soon after graduating from the University of NH became an AFAA Certified Group Fitness Instructor and Personal Trainer. She owns her own fitness studio, “Fierce Fit,” a welcoming and fun environment for movement and giving back to the community. www.FierceFitNH.com

Lesley Arnold – is an entrepreneur who is passionate about creative expression and community outreach. She owned / operated a second-hand store supporting local NH charities and has her own painting studio called “Wet Paint.” She loves encouraging people to discover and reconnect with their innate creativity through art and the joy and healing that comes from her work. www.wetpaintnh.com



Claude Stein – is a Multi-Platinum award winning voice coach and pioneer in the use of expressive performance techniques to build confidence. His approach and coaching help people align their inner and outer voices to create authentic and empowering messages, deeper emotional connection and transformational personal change and growth. www.claudestein.com

How Much Does It Cost?

Platinum Priority	Must register by 11/30/17	\$1,500
Gold Standard	Must register by 12/31/17	\$1,750
Silver Status	Must register by 1/31/18	\$2,000
Bronze Basic*	Must register by 2/3/18	\$2,250

**subject to availability*

The 2018 “Redesign Your Life” sessions are held from 8:30 am – 4:30 pm on the following Saturdays: February 10, March 3, April 7, May 5 and June 2.

I’m Ready to Make 2018 MY Year – How Do I Register?

Please visit: www.ensolifebydesign.com/registration

I Still Have Questions – How Can I Learn More?

Please email debraschuler@ensolifebydesign.com or call 603-948-6513.

Please note...

While this workshop / retreat includes elements of self-care, anyone in active crisis will be best served by private consultation and support by a mental health care provider.

