

THE WHITE SPACE RETREAT PROGRAMME

BEYOND THINKING - FROM INTELLECT TO INTUITION



4-Day Residential - Sept. 30 to 04 October 2009

Linden House
Cashelfean,
Glengariff
County Cork,
Ireland.

A rich and compelling experience that can illuminate and inspire your whole life, not just your working life.

What is The White Space Retreat?

This retreat is a compass point to guide you in the direction which best fits your ideals and wishes for the year to come.

White Space Retreat was first held in Connemara in 2004 over 5 days for a group of 9 people who wanted time out to reflect and make changes that would enhance their lives and businesses. Several retreats have been held since that time.

White Space Retreat is a place to question, regenerate, renew and gain perspective away from the distractions of everyday life. Being with a group of like-minded people where rich discussion based on the materials presented, is like food for the body, mind and spirit, a great advantage when you want to make informed decisions. As people get to know each other and relax into the White Space, we have great fun together too.

The Aim of this White Space Retreat is to give you time out to regenerate, gather your resources for the next chapter of your life.

The focus will be on improving the quality of your thinking to increase your access to your intuition, so you will have more generative resources from which to make decisions

We use the philosophy of the Beyond Thinking programme created by Ann Kelly in 2007 and apply it to your life situations so that you can make choices that add significant value to your life or business.

Is The White Space Retreat for you?

New possibilities and choices are open to many of us. With these come opportunities for profound change.

- Are you at a turning point ?**
- Do you need time out to gain perspective?**
- Would you enjoy the company of like-minded people over the New Year period to renew and regenerate?**

The White Space retreat is a special event for men and women who want to invest in their personal growth and are ready to open the next chapter of their lives.

What are the benefits of White Space Retreat?

Participation in this retreat opens you to

- Removing obstacles in your thinking process
- Knowing when thinking is benefiting you or overthinking is getting in your way.
- Choosing your thoughts rather than being at their mercy.
- Shifting away from rigid and judgmental thinking towards open, positive creative use of the mind.
- Cultivating a mindset that consistently illuminates and inspires you.

If you want to set your compass for the year ahead, join us for the White Space Retreat.

What is the Beyond Thinking – From Intellect To Intuition Rationale?

The programme was created, Ann Kelly, in 2007 to provide a format for people to raise the quality of their thinking, increase access to their intuition and experience the richness of life at the highest level.

How will we spend our days?

Wednesday Evening: Arrive between 6.00p.m. and 7.30 p.m. Introduction to the retreat and getting to know each other over dinner.

Day 1 – 9.30 a.m. onwards – Awakening the brain and intuition. Wall of Wonder – Understanding your achievement patterns.

Day 2– 9.30 a.m. onwards – Questioning the validity of stressful beliefs

Day 3 – 9.30 a.m. onwards – Mystery challenges.

Day 4 – 9.30 a.m. 6.00 p.m. – Bringing it all together – making inspired choices. Going home, renewed, regenerated and re-inspired.

We will work outdoors as much as possible, weather permitting. Some exercises can be done while walking. The programme aims to operate at all levels, physical, emotional, mental and spiritual.

The retreat programme is organic and subject to change as appropriate.

What is intuition?

"Lots of things in life are about limits. How much time we have, how far we can walk, how much we can eat, how much work we can do, how much money we can make. Your intuition is an endless resource for you. Coming from a higher level, intuition has the capacity to inform and transform you, showing you where you stand and where you need to go." Ann Kelly

"The mind receives illumination from the soul, in the form of ideas thrown into it, or of intuitions which convey exact and direct knowledge, for the intuition is ever infallible. This process is in turn repeated by the active mind, which throws down into the receptive brain the intuitions and knowledge which the soul has transmitted...." Carr, H. Wildon, Philosophy of Change

White Space Retreat provides activities and opportunities for you to go beyond your established patterns and beliefs to cultivate positive, creative use of your mind.

You will be part of a small supportive group of people, in an uplifting, refreshing and regenerating environment. You'll have plenty of quiet time to reflect and honour those aspects of yourself ready to emerge.

In keeping with our tradition, the food will be fabulous. You can look forward to walks in the beautiful countryside and on beaches where appropriate.

Most of all enjoy getting good nights' sleep while you find the life vision that may need to be re-ignited.

The retreat spaces sell out quickly, so if you believe this event is the right one for you, your next step is to book now.

Who is Ann Kelly?

Ann Kelly of Ann Kelly & Associates is a Professional Certified Coach and Master NLP Practitioner.

Ann has an established global reach business in both personal and business coaching. Her specialist skills are aimed at helping people to trust themselves to honour who they are and create a life in which they thrive. Ann's unique style has had a significant and positive impact upon many lives and businesses in the past eight years, testimonials for which are available on her website, www.yourworldyourway.com

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White Space 4-Day Retreat September 30 - 04 October 2009

Location: Linden House, Cashelfean, Glengariff, Co. Cork.
<http://www.cashelfean.com/page3/page18/page18.html>

Dates: Wed. 30 September - 04 October 2009 inclusive

Total Cost: €1700/person. (Includes all course materials, coaching, food and accommodation)

Facilitator: Ann Kelly, Professional Certified Coach

Accommodation: Own room available for all participants.

To Register: A deposit of €850 is required to secure your place. (Cheques payable to Ann Kelly & Associates)

Payment: €850 Deposit - Balance €850 payable 20 September

Early bird option - Book and pay in full by 01 September and receive €200 discount

If you feel the time is right for you and you are drawn to come, join us. You deserve it.

To register or to indicate your interest in the White Space Retreat