

SPEAKERS



TARA E. THARPE

www.talkswithtara.com

Talks with Tara, Inc. Tara uses real-life situations to interject humor and explain truths that will help audience members feel more empowered, more hopeful, become more productive, and increase their laugh quotient.



BONNIE ARTMAN

www.changingpatterns.net

Licensed Marriage & Family Therapist. Workshop Speaker. She believes that change is possible and is committed to helping individuals, couples, and families live with meaning and purpose.



BRIGID DUFFIELD

www.brigidduffield.com

Lawyer. Mediator. Speaker. What sets Brigid apart is her exceptional interpersonal communication style and her ability to motivate people to maintain emotional balance, and make positive changes during times of turmoil.



MARY BETH JANSSEN

MindBodyHealth educator. Massage Therapist. Aroma Therapist. Yoga Teacher. She is an editor and writer for several media outlets and serves as a beauty and wellness resource for several magazines. Mary Beth believes in and teaches organic, sustainable living in all its many facets – physical, environmental and spiritual.



DONNA DETTMAN

www.DonnaDettman.com

Speaker. Storyteller. Healing Artist. She has been wowing audiences since 1990 with her tales of life, love and laughter. After surviving breast cancer she wrote 'A Bend in the Road: One Woman's Journey through Breast Cancer. Dare to find joy in your life!

Takecare“U”[®]

WEEKEND

April 23 - 25, 2010

The Lodge at Geneva Ridge

LAKE GENEVA, WI



Celtic 
Connections, LLC
- Mind - Body - Spirit - Soul -

WEEKEND AGENDA

Friday, April 23, 2010

4:00 – 7:00 p.m. Registration / Spa Time

7:00 – 10:00 p.m. One Thing We All Need
Tara Tharpe

Why is it we are more kind and gracious to others than we are to ourselves? This weekend, congratulations on moving yourself to the top of your priority list! What could this 'One Thing' be? We guarantee you'll feel more confident, relaxed, and ready for anything after you get it.

Saturday, April 24, 2010

6:30 – 7:30 a.m. Yoga (for all levels)

8:00 – 9:00 a.m. Breakfast

9:00 – 10:00 a.m. Contemplation
Bonnie Artman

Pause. Be still. Reflect. We know this is beneficial. What gets in our way? We will answer this question and discover practical ways to link our values with our behavior. In addition we will practice living in the present and embracing each moment.

10:30 – 12:00 p.m.Acceptance
Bridget Duffield

Does acceptance equal approval? How does the kaleidoscope of your decision making affect your ability to live a happy, balanced life? Examine what makes you tick, when and why! Learn to enhance your personal giftedness and improve your ability to accept life on life's terms.

12:00 – 2:00 p.m.Lunch on your own

2:00 – 3:30 p.m. The Power of Response-Ability in Living a Life of Joy!
Mary Beth Janssen

What's responsibility? In the words of Deepak Chopra, it's the ability to have a response. Response-ability means to have a creative response to a challenge - enacting the healing mechanisms that help us remember and engage our wholeness. Join Mary Beth Janssen as she shares from her newest book *Pleasure Healing: Mindful Practices and Sacred Spa Rituals for Self-Nurturing*. Taking response-ability for our well-being never felt so good!

3:30 – 6:30 p.m.Spa Time / Free Time

6:30 – 7:30 p.m. Dinner

7:30 p.m. Time to "UnWine"
Donna Dettman

Contemplate a story and a song and accept a cold beverage. You will be *responsible* for your own laughter. Extend your legs to a more comfortable position. Grab a glass of wine and "unwine" with stories by the fire. C.A.R.E. about U!

Sunday, April 25, 2010

7:00 – 8:00 a.m. Sunrise Spirituality Service

8:30 – 9:30 a.m. Breakfast

10:00 – 11:00 a.m. Extension

11:00 – 12:00 p.m. Closing Ceremony

Do you take care of home, family and work but never take care of yourself? Here is a chance to

Takecara "U"®!



STILL 2009 PRICING!!

Early Bird registration (by March 31)

\$270 Subscribers; \$300 Non-subscriber

After March 31

\$295 Subscribers; \$325 Non-subscriber

Register at www.celticconnect.com

ROOM RESERVATIONS

Make reservations directly with

The Lodge at Geneva Ridge

800-709-1315

Special Pricing only \$99 through

March 12, 2010

(ask for Celtic Connection special pricing)

630-406-6439

www.celticconnect.com