



# “The Heart Speaks”

Nurture Your Mind, Body and Spirit

**2nd Annual Women’s Retreat at the Beach**

**April 25—27, 2014**

**Learn what the wisdom of your heart has to say**

You are invited to join me for “The Heart Speaks” retreat in Rehoboth Beach, Delaware. The weekend is designed to facilitate the connection between your mind, body and inner spirit. You will explore how to trust your heart, hear the wisdom within and learn how to follow it’s guidance. Friday evening we gather for a “meet and greet” with libations and light refreshments. Saturday, after a gourmet breakfast, we will experience heart opening exercises. Individual choices for the afternoon include: listening, reflecting, journaling, sketching, or reading while being nurtured by the ocean. Lunch and dinner are on your own. Late Saturday afternoon we resume group activities sharing our insights and experiences while creating a Soul-Collage.® Sunday we enjoy breakfast together as we share night time dreams, personal reflections, and set intentions for the future. You will receive tools to continue the process of listening to your heart speak for when you return home Sunday afternoon.



**Cost:** \$196.00 for shared room\*  
\$325.00 for single room

**Cost includes:**

The Retreat  
Room for 2 nights  
Gourmet Breakfast Sat & Sun

\*Limited number of shared rooms are available

**Local residents can attend for \$99.00**

Includes the Friday—Sunday retreat with gourmet breakfast Saturday and Sunday.

**\$50 deposit due by March 15**



Sharon Marquart is a Certified Life Coach and founder of “Living at Yes.” For more than 20 years she has been coaching others how to connect with their inner spirit to create a joy filled life. She is a motivational speaker and offers individual, couple and group coaching. She facilitates Spiritual support groups, book discussions, classes, and workshops.

Sharon has successfully achieved her vision of meeting her soul partner and owning a retreat center at the beach. Come experience, learn, and be inspired by her passion.

Sharon is an Ordained Non-denominational /Interfaith Minister officiating weddings in Delaware and Maryland.  
[www.weddingsinrehoboth.com](http://www.weddingsinrehoboth.com)

**Register by calling Sharon 302-228-7069**

**Or E-mail [Sharon@Livingatyes.com](mailto:Sharon@Livingatyes.com)**

**[www.Livingatyes.com](http://www.Livingatyes.com)**

**Bewitched and BEDazzled B & B** is located in the heart of Rehoboth Beach. The two buildings are joined by a common deck complete with a hot tub and sitting area. Innkeeper Inez Conover has designed Bewitched after the TV show of the 70’s that celebrated diversity, and BEDazzled is designed around the golden age of Hollywood. The beach, the boardwalk, downtown shopping, art galleries and restaurants are only 1 block away.

**[www.Bewitchedbnb.com](http://www.Bewitchedbnb.com)**

