

# Empowerment Weekend for My Sisters in Sedona, Arizona

April 16-18, 2004

For one weekend next April we will gather to talk in Sister Circles about the issues that guide the actions in our lives. The objective of the weekend is to share our stories, offer advice, listen to Sisters who need to talk, laugh about the things we look back, see we did, and wonder why? Our conversations will touch on work, life and love. At the end of the weekend we should have gained some insight, done some self-evaluation and made some plans for an even more successful life going forward.

## ~ Featured Authors ~



**VENISE BERRY**  
*Colored Sugar Water  
& All of Me*



**LORI BRYANT-  
WOOLRIDGE**  
*Read Between the Lies  
& Hits & Mrs.*



**PATRICIA HALEY**  
*Blind Faith  
& Blessed Assurance*



**MICHELLE  
MCGRIFF**  
*For Love's Sake  
& Majestic Secret*

**SISTER CIRCLE TOPICS**  
The Power of Taking Risks with your Life  
*with Author Sheila Williams*

Women, Weight and Wellness  
*with Author Venise Berry*

Reviving Your Spirit

Stop Dreaming, Start Doing

Success – Define it for Yourself

What it Takes to be Really Happy



**SHEILA WILLIAMS**  
*Dancing on the Edge  
of the Roof &  
In the Shade of My  
Own Tree*

**REGISTER TODAY!** Your registration includes meals, tour bus transportation, author appearances, free books, tote bags and the company of your Sisters.

A very limited number of guest rooms have been reserved for our group at \$169.00 (single or double) at the HILTON SEDONA RESORT & SPA. There are also two room suites with 2 Queen sized beds for \$199.00 per room. If you even think you might want to join us in Sedona, to reserve your room at the Hilton, please call the Hilton toll free at (877) 273-3762 (Ask for the Women's Retreat rate) for the weekend of April 16-18, 2004.

Sedona and the HILTON SEDONA are famous for their Spa Facilities. Massages offered:

\*La Stone Massage  
\*Swedish Massage

\*Scent-Sational Aromatherapy  
\*Ayurvedic Abhyanga Massage  
\*Chakra-Balancing Massage

\*Reflexology  
\*Deep-Tissue Massage

Body Treatments are offered:

\*Sedona Clay Wrap  
\*Seaweed Wrap

\*Ultimate Red Rock Refresher  
\*Salt Glow

\*Herbal Bath

*Early Conference Registration for the Empowerment Weekend for my Sisters is \$239.00 per person.  
(Early Registration ends until Nov. 7, 2003.)*

**TO REGISTER:** Contact Ruth Bridges, ATLANTIC BOOKPOST  
at (703) 818.2410 or email [ruth@atlanticbookpost.com](mailto:ruth@atlanticbookpost.com) or visit [www.atlanticbookpost.com](http://www.atlanticbookpost.com)