

Personal Leadership through the Way of the Horse  
A Retreat for Women  
Friday Feb. 26 – Sunday Feb 28, 2010

Are you ready to explore and experience your personal leadership style  
with a horse as your coach and mentor?



In a safe and sacred space, through workshops, meditation, yoga and the experience of coaching with horses we will explore what it means to be a leader in your own life.

You will have the opportunity to identify and break through obstacles that prevent you from truly leading your life and to experience the soul-fullness of what it means to be fully you.

Facilitated by Monique Morimoto Flaherty\*  
Assisted by Nicole Birkholzer^  
Yoga by Cheryl Bagangan#



**Inn on Onset Bay**  
181 Onset Ave  
Onset MA 02558  
508-295-1126  
[www.innononsetbay.net](http://www.innononsetbay.net)

What's included:

- 2 nights lodging at the beautiful Inn on Onset Bay
- 2 breakfasts, lunch on Saturday
- Two one-hour Yoga classes# on Sat. & Sun. am
- 4 Workshop sessions
- Meditation
- Leadership Discovery Session with horses

**Investment:**

**Early Bird Registration (register by Feb 5th): \$564.99, save \$30!**  
After this date, the cost is \$594.99 per person. All taxes included.

**Registration and Cancellation Policy:** Reservations require a \$75 non-refundable deposit. Balance due by Feb 19<sup>th</sup>. Cancellations accepted up until Feb 23<sup>rd</sup> for a full refund less the \$75 non-refundable deposit.

To register contact Monique 617-328-7113 or [mq@diamondhorsecoaching.com](mailto:mq@diamondhorsecoaching.com)

For questions about the retreat contact Monique at 617-328-7113 or [mq@diamondhorsecoaching.com](mailto:mq@diamondhorsecoaching.com)  
Details will be forwarded upon registration.

\*Monique Morimoto Flaherty, MS, CPCC, Founder of Diamond Horse and SoulWorks Coaching® empowers people to create lives and business that reflect their deepest Self. [www.diamondhorsecoaching.com](http://www.diamondhorsecoaching.com)  
[www.soulworkscoaching.com](http://www.soulworkscoaching.com)

^Nicole Birkholzer, Founder of Birchwood Farm, offers Equine Inspired Coaching, a combination of Life Coaching, Spiritual Guidance and Horse Wisdom [www.birchwoodfarm.us](http://www.birchwoodfarm.us)

#Cheryl Bagangan, RYT founder of "No Stress Allowed Retreats" passionately motivates women to cultivate a sense of peace and serenity by bringing their yoga practice "off the mat" and into their daily lives.

Located in Onset on the west end of the Cape Cod Canal & open year round, the Inn on Onset Bay's 20 guest rooms and