

SHED OR YOU'RE DEAD®

An unconventional weekend retreat

February 19-21, 2010

Spirit in the Desert Retreat Center
in Carefree, Arizona.

Attend this personal renewal retreat and:

- **Gain greater clarity** about your life's purpose and next steps.
- **Discover a greater connection** to your authentic self.
- **Recharge and center yourself** to effectively navigate life's transitions.
- **Live more joyfully** by embracing the life-long shedding philosophy.
- **Shed negative patterns** and beliefs that are holding you back.



Are you ready to wake up and fully engage your life?

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February 19-21, 2010

(Friday 5 PM-Sunday 4 PM)

Spirit in the Desert Retreat Center

(40 minutes from Phoenix Sky Harbor Airport - airport shuttle available.)

Your weekend includes:

- **Shedding Kit** - Shed or You're Dead® book, Shedding journal, Audio CD, Courage skin scrub, lizard soap, shedding rock (\$129 value).
- **The Ultimate Shedding** Labyrinth Experience™
- **Your "next steps"** action plan
- **Follow up** Shedding Webinar
- **PLUS 5 fabulous meals** & 2 nights' accommodations

Who should attend:

- **Helping professionals** who nurture everyone else first.
- **Individuals** dealing with a life changing event (economic or career changes, divorce, family turbulence or loss of a loved one).
- **The busy, overcommitted person** who just feels "there's got to be more."

This amazing weekend is yours for only \$497 and includes room & board.
Stay an extra day for Sedona excursion.

Register early!

Space limited to 12. Register before January 19 for \$447.

For more information, contact Kathy Dempsey at 480-370-1472
or visit www.KeepShedding.com.

**"Kathy's profound message will inspire you to SHED!
If you need a wakeup call, don't miss this!"**

– *Bob Danzig, Former CEO Hearst Newspapers*



About retreat leader:

Kathy B. Dempsey RN MED CSP president of Keep Shedding! Inc., energizes her audiences internationally through speaking and training. She is the award winning author of *Shed or You're Dead®: 31 unConventional Strategies for Growth and Change* (Writer Digest International Book Award). Kathy has achieved the highest earned speaker's designation in the world, the Certified Speaking Professional (CSP). A few of Kathy's corporate clients include Delta Air Lines, Disney, Nestlé, American Red Cross, and Pfizer. Her personal commitment to shedding retreats have taken her to Bali, Maui, Switzerland and Italy. A native of Washington DC, Kathy and her partner, Lenny the Lizard, live in Scottsdale, Arizona.



**Come join us in Arizona.
A wonderful place to SHED
another layer of skin!**

To register, call Spirit in the Desert at

480.488.5218

www.SpiritintheDesert.org