

Enter Our Women's Love Valentine's Contest!

Win a *FREE* admission into our Women's Love Retreat and More!

Grand Prize:

-*FREE* admission into our Women's Love Retreat
Held in Long Beach, CA on 2/19-2/22.

(\$1297 Value. See below for information.

Please make sure you can be in Long Beach on 2/19-2/22 if you select this prize.)

Runner Up Prizes:

-Free Inner Secrets to Outer Success Kit

(\$347 Value. More info available here: www.InnerSecretsForYou.com)

-Free Private Session with Dr. Rebecca Coleman

(\$250 Value. 55 minutes. Via telephone or in person. Expires 5/16/09.)

Enter Here:

Winners will be chosen based on the answer provided. We will hand select the woman who best fits the program being offered. Please check which prizes you are interested in to be eligible for them.

If your answer to our question is longer than this entry allows, please submit what fits and then email the rest of it to thrive@o-c-e-a-n.com.

We honor your privacy and NEVER share your information with anyone.

Contest ends 2/16/09 at 8am. Each participant may enter once.

Winners will be notified via email by Wednesday, 2/18. Prizes cannot be redeemed for cash. If you have any questions, contact thrive@o-c-e-a-n.com.

Details on the Women's Love Retreat

Reach a Whole New Level of Love by Spring

Women's Love Mini-Retreat

February 19th-22nd, 2009
Long Beach/Seal Beach CA

This has been a challenging time for so many. Fear is having its way with our hearts and minds at a time when we most need to be open to the power of love. Fear creates contractions in our hearts and heads which has the effect of blocking the natural flow of love and closing our awareness to possibilities. Fear makes us close reflexively to our loved ones, to career opportunities, and to ourselves and our desire for optimal health and happiness. Now is the perfect time to utilize the challenges we face to clear what stands between us and our true power - love.

In a small group of amazing women over the Mini-Retreat weekend and 10 week course*, you'll intimately explore your relationship with love including self-love, giving and receiving love, feeling lovable, expressing love, and directly experiencing divine love. You'll also dissolve barriers to feeling lovable by opening the doorways to love hidden behind feelings of low self-esteem, unworthiness, shame, fear, guilt, badness, and emptiness.

Women, in particular, move more powerfully in the world when they are open to and fueled by love. Our world has never needed us more. Please join us for the most powerful Valentine's season you've ever experienced.

Women's Love Mini-Retreat - Feb 19-22

Women's Love Course* - Wednesdays, 6-9pm, beginning February 25th

*Course is optional and additional. Must attend the Mini-Retreat to attend the class.

Are you ready . . .

- • to live fully as the radiant, creative, vibrant, sensual woman that you are?
- • to break free from self-defeating patterns with food, money, work, and relationships?
- • to stop trying to 'force' yourself to reach your goals because it no longer works?
- • to learn how to deeply nourish, soothe, and be at peace and happy with yourself?

Then this program is for you!

If you're a woman who is longing for greater aliveness and freedom from what blocks your authentic expression, we hope you'll join us for this fun, creative, transformative, and powerfully loving weekend.

Give Yourself the Gift of Space

Near the ocean in Long Beach, California, is the home of this life-changing Women's Aliveness Mini-Retreat for all women interested in awakening their aliveness and dissolving obstacles to health, happiness, and peace of mind. The Mini-Retreat is the first step in the program written about by author, Jan Henriksen, in the book *Chicken Soup for the Dieter's Soul*.

**Space is limited. First come, first serve. Registration closes February 12th or when full.

[Click here for more information.](#)

Contact us today for a FREE Consultation with Dr. Rebecca Coleman to make sure this is the right investment for you. 562.595.2885 or thrive@o-c-e-a-n.com.

[Listen to a quick audio about the Love Retreat here.](#)