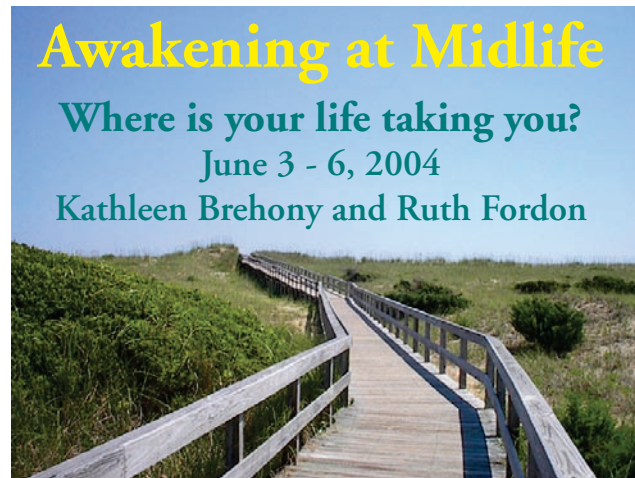


ISLAND PATH presents
a weekend residential camp on Ocracoke Island



"It's never too late to be who you might have been." George Eliot (Mary Ann Evans)

Do you feel a restless, or perhaps even a quiet, unsettled feeling that something is missing in your life? Maybe you just know that there is a "wanting" deep within. Have you ever wondered, "Is this all there is?"

Revitalize your spirit, re-write your script, and rouse the sleeping Muse that dwells within. Join Life Coaches, Kathleen Brehony, PhD, author of *Awakening at Midlife* and Ruth Fordon, co-founder of Island Path for a weekend adventure on the magical island of Ocracoke on the Outer Banks of North Carolina. Find the sleeping muse, feed your hungry spirit, and re-awaken to the joy and the journey that midlife and the golden years invite. We offer ourselves as your coach and mentor for this midlife potluck for a woman's soul.

The baby boomer generation now at midlife has more health, wealth, education, and resources than ever before. There is a longevity prediction that offers us active and healthy lives into our eighties or later. The gateway of midlife is a tremendous opportunity for crafting new life directions and to realize the dreams that are un-lived and now possible. You can have the life you have wished for. This weekend may be the beginning of that journey. If you are already on the path, we are here to cheer you on! It is time to soar!

Each woman will be mailed a gift copy of Kathleen's book *Awakening at Midlife* when you register for this camp. We will explore :

- Opening the gateway - Myths and Realities of the Midlife Transition
- Developmental Needs and Processes at Midlife - Finding mentors to guide the way
- Locating your own truth, vision, and energy for change and growth
- Crafting a new place in your life for yourself, - making the vision a workable reality.

We are all wise women and honor the tradition of women to gather together, to share and be in relationship. We offer the invitation to play at the beach, share stories and talents, laugh, and grow together.

ISLAND PATH • 1-877-708-7284 • www.islandpath.com • islandpath@ocracokenc.net
(OVER)

WHERE: The camp will be held at the Lightkeepers Guest House on Ocracoke Island. Participants will live together and share meals at the Guest House.

WHEN: Arrive Thursday, June 3 late afternoon, leave Sunday June 6 after breakfast

WORKSHOP REGISTRATION: \$395 which includes all breakfasts, lunches, and 2 dinners

A deposit of \$150 is required by APRIL 1, 2004. *Lodging not included.*

We reserve the right to cancel the camp if we do not meet minimum enrollment by MAY 1ST.

TO REGISTER CALL TOLL FREE: 1-877-708-7284 with a credit card

or mail a deposit check made out to Island Path and mail to:

Island Path, PO Box 878, Ocracoke, NC 27960

BRING A BUDDY and receive a \$50 discount for each of you.

LODGING: Arrange the lodging you wish - Do this early as it is folk festival weekend.

The Lightkeepers - single room shared bath - \$65/night ; double room shared bath - \$32/night;

Share the bunkhouse w/ 4 twin beds \$25/night (bath in main house)

Offsite: We have rooms blocked off at one of the nearby motels, let us know if you are interested and we'll facilitate that arrangement.

Kathleen Brehony is a life coach, clinical psychologist and author of five critically acclaimed books, *Awakening at Midlife*; *Ordinary Grace*; *Chanting - Discovering Spirit in Sound*; and *After the Darkest Hour: How Suffering Begins the Journey to Wisdom*; and *Living a Connected Life*. She has delivered hundreds of speeches, retreats, and training sessions throughout her career.

Ruth Fordon is a life coach and has lived on Ocracoke Island since 1988. She and her partner, Ken DeBarth, at midlife founded Island Path. They host creativity camps, personal retreats and have conceived and written the Island Pathstones. Ruth has a Masters Degree in Counseling and many years of private practice and consulting.

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Check out our website for details about all our creativity camps, coaching, retreats, and Island Pathstones.

We are embarking on our fourth year of residential weeklong camps for writers, "The Complete Writer: Combining Business and Creativity for Writing Success", taught by kathleen Brehony and Karen Jones.

New this year "The Calling of the Law" A Retreat for Lawyers

Our campers tell us that attending an Island Path camp is life changing and unforgettable.

texts. Awakening at midlife. by. Kathleen A. Brehony. Publication date. 1996. Topics. Middle age -- Psychological aspects., Middle-aged persons -- Psychology., Aging -- Psychological aspects., Midlife crisis. She is the author of Awakening at Midlife (Riverhead Books, 1996). Dr. Brehony lives in Norfolk, Virginia, where she maintains a private clinical practice. Product details. Paperback : 384 pages. Item Weight : 14.3 ounces. ISBN-10 : 1573226327. ISBN-13 : 978-1573226325. Publisher : Riverhead Books; First Edition (September 1, 1997). Can midlife actually mean a new life? Midlife is a time of unique challenges. (Believe me, Iâ€™ve been there!) If you feel like youâ€™re hopelessly stuck in a midlife rut â€¦ searching for a fresh start â€¦ I want you to hear me: This is not all there is. In fact, I believe that the midlife â€œcrisisâ€ is actually a midlife awakening. It can be different. It does get better.Â Have you had a midlife awakening? Let us know your experience below! Share.