



Here is a little bio on each of our facilitators/practitioners for this retreat.

Michelle Madl:

Just like plants, our roots are grounded to which we grow and evolve, building our lives on the foundation of our roots. But what if those roots were doing more harm than good, stifling our growth? Michelle Madl is a "recovering" perfectionist and procrastinator. She will share her personal story of how she finally identified how the seeds that were planted as a child, ultimately led to a need to be "perfect" which led to a consistent habit of procrastination, not seeing things through...or even worse...avoiding them all together. She came to the pivotal moment that revealed to her the "why" behind the behavior and discovered the steps she has taken to overcome those behaviors.

Sharon Murrock:

As a Peter Hess Certified Sound Massage Practitioner, Sharon utilizes various forms of instruments, as tools to facilitate a shift in the participant's consciousness. Sacred Sounds are used to harmonize our mind, body, and spiritual beings and to promote positivity, relaxation, and good health. The sounds are created by Professional Grade Therapeutic Tibetan bowls, Zen bells, gongs, drums, and chimes which can be felt in every cell of our body. Bathing in sacred sound allows us to powerfully resonate with the frequencies that enhance our body's innate ability to heal itself on all levels.

Jenni Schubring:

Jenni is a Certified Gallup Strength Coach and owner of Embrace Your Story Coaching. Jenni wants everyone to experience the freedom and empowerment that comes with knowing who they are. Along with her 1:1 clients, she works with teams, speaks at conferences, and offers staff trainings. In these spaces she discusses clarity, purpose, and action. Jenni has been living in Green Bay for the past 14 years with her husband and children. She is always learning to embrace the now. Jenni will be discussing the importance of knowing your values. She will work with you so that when you leave you will know what your values are and how that will impact your decision making and your relationships

Vicki Perron:

For years, Vicki, engaged in Goal Setting and found herself frustrated, when more often than not, she didn't reach her long-term goals. It wasn't until she started understanding her "intentions" behind the goal did she start achieving more of her goals and dreams. She has been sharing her "Intention Workshop" with others to assist individuals in reaching a fulfilling and achievable future. This practice has showed participants a way to enhance their personal, work and relationship life.

Dawn Plankey:

Owner and Operator of the Birch Trail Resort Bed and Breakfast Retreat Center. With a long career working for resorts and hotels with the Marriott corporation, she finally stepped into her dream since she was 21 years old. The dream.... To own a resort in the Northwoods of Wisconsin where she could build a "magical" environment and experience for everyone. Dawn has been active in wellness retreats, coaches training, self development education and learning for over 25 years. Dawn is also passionate about knitting, quilting, art, sewing, painting, ceramics, woodworking, crochet and holiday crafting. She welcomes you all to her "magical place" in the Northwoods!

Itinerary - Birch Trail Resort November 10, 11, 12, & 13 2022

"In Search of the Quiet Within - Rejuvenation of The Mind, Body and Spirit"

Thursday Evening

Check-in to Resort/cabins at main lodge office - any time after 3:00 p.m.

- Dinner on your own. Cabins are equipped with full kitchen

6:30 p.m. Reception

7:00 p.m. - 9:00 p.m. General Information on Weekend Flow - Get to Know You Activity

Friday

Breakfast on Your Own - Cabins are equipped with full kitchens

10:00 a.m. - 10:15 a.m. Updates/Overview of the next couple of days

10:15 a.m. - 11:45 a.m. Presenter - Jenni Schubring - Transformational Life Coach (Part 1)

11:45 a.m. - 12:30 p.m. Presenter - Lee Ann Laes - Neuromuscular Therapy - Massage Therapist

12:30 p.m. - 1:30 p.m. Lunch

1:30 p.m. - 2:30 p.m. Presenter - Sharon Murrock Certified Sound Massage Practitioner

2:45 p.m. - 3:45 p.m. "Sign up" for a modality or with presenter or free time

3:45 p.m. - 4:45 p.m. "Sign up" for a modality or with presenter or free time

5:30 p.m. - 7:00 p.m. Interactive Dinner (provided)

Saturday

Breakfast on your own - Cabins are equipped with full kitchens

10:00 a.m. - 11:30 a.m. Presenter - Jenni Schubring, Transformational Life Coach (Part 2)

11:30 a.m. - 12:30 p.m. Lunch

12:30 p.m. - 2:30 p.m. Presenter - Michelle Madl - Certified Dream Coach

2:30 p.m. - 3:30 p.m. "Sign up" for a modality or with presenter or free time

3:30 p.m. - 4:30 p.m. "Sign up" for a modality or with presenter or free time

4:30 p.m. - 5:30 p.m. "Sign up" for a modality or with presenter or free time

5:45 p.m. - 8:30 p.m. Dinner with an Activity - Easy Memento Craft

Sunday

9:30 a.m. - 10:30 a.m. Brunch

10:30 a.m. - 11:15 a.m. Presenter - Vicki Perron - "What are Your Intentions"

11:15 a.m. - 12:00 p.m. Wrap Up and Goodbyes

Everyone is welcome – come with a group or by yourself.
We hope to have a few retreats each year, expanding on practitioners and experiences for each. Great friends and memories to be had!

A Weekend for Regeneration of Mind, Body & Spirit through workshops, bodywork, camaraderie, laughter, wonderful foods & educational presentations.

Relax with a great group of women and experience some wonderful life expanding material – dress is casual all weekend.

A schedule, presenter information will be sent upon registration.

A \$183.00 registration fee holds your spot/Balance due at the time of the retreat- cash or PayPal only at check in.

(If weekend is cancelled, deposit is non-refundable, however transferable)

(Cancellation two weeks or less before the event, registration fee will not be returned)

Send registration fee, or work with Dawn Plankey (owner, retreat coordinator) for a Paypal option by October 15th, 2022 made out to Birch Trail Resort
For planning purposes, please email ahead of time that you plan on attending.

Birch Trail Resort Retreat Center 8820 W. Amber Lake Road , Lac du Flambeau WI 54538
The Resort is located in Minocqua, post office is in Lac du Flambeau

For questions or more information contact Vicki Perron
(H) 920-435-5841 (C) 920-370-5666 or vperr@yahoo.com or Dawn Plankey –
Dawn@birchtrailresort.com cell: 847-989-2587 Office: 715-588-1962

✂ _____
Please print clearly!

Name: _____ Email: _____

Address: _____

_____ Zip: _____

Phone Home: _____ Work: _____ Cell: _____

- I would be interested in car pooling from _____ I would be driving and will take passengers
- I will be rooming with _____ and _____ and _____ (if you already have room mates, if not we will assign)
- I am a presenter

In Search of the Quiet Within – November 10, 2022
Deposit: _____ Check No. _____ or call Dawn for PayPal



BIRCH TRAIL RESORT
BED & BREAKFAST

A WEEKEND FOR REGENERATION OF
MIND, BODY & SPIRIT
THROUGH WORKSHOPS, BODYWORK, CAMARADERIE,
LAUGHTER & WONDERFUL FOODS

“IN SEARCH OF THE QUIET WITHIN-
REJUVINATION OF THE MIND, BODY AND SPIRIT”

November 10, 11, 12, 13, 2022

Thursday evening, Friday, Saturday, & Sunday morning

Birch Trail Resort, Minocqua, WI

PAMPER Yourself!

THURSDAY 6:30 P.M. - SUNDAY 12:30 P.M.

Central Standard Time

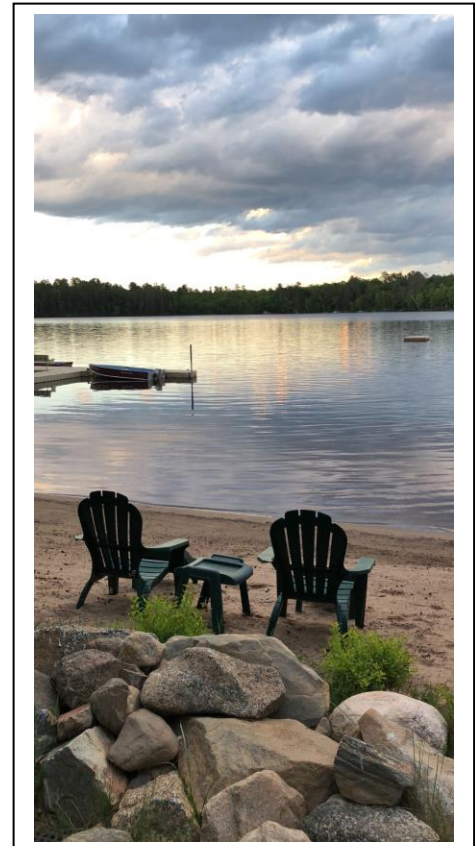
(CABIN CHECK IN AFTER 3:00 P.M. THUR.)

LODGING & WORKSHOPS AT THE
BIRCH TRAIL RESORT
SPONSORED BY
BIRCH TRAIL & FRIENDS

The Weekend includes:

All Workshops
Reception Thursday Evening
Lunch & Dinner Friday
Lunch Saturday
Social Saturday Night before Dinner
Dinner Saturday Night
Great Desserts
Breakfast Brunch Sunday
Plus
Three nights lodging, a journal,
craft to take home & relaxation packet
Cabin lodging is included
(Single beds)

The total fee for all of the above
\$365.00 plus lodging tax
\$183.00 deposit due at time of registration
(mailed in check or Paypal)





Planned Professional Workshops & Activities to Include:

- *Alignment-values, Strengths
- *Dig Deep into Your Strengths
- *Discovery through Sound
Massage
- *Turn Your Dreams into Reality
- *Your Body - Your Health
- *What is Your Intention?

(You will have the ability to attend all workshops
presented by professionals)

Additionally, treat yourself to a massage,
or individual session with presenter for an extra fee.
Or walk the area, sit by a fire, relax with a book, ride
your bike, or just relax.

Friday and Saturday afternoon will be set aside for
treatment or sessions by trained professionals

Morning group exercise if you would like to participate.

Cabins have fully equipped kitchens for
breakfast and meal preparation.

Car Pooling Available

Check out Birch Trail Resort at

www.birchtrailresort.com

Follow us on Facebook!



BIRCH TRAIL RESORT
BED & BREAKFAST

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Email: dawn@birchtrailresort.com

