

Find your strength. Find your self with
Womens Quest™

• What is Women's Quest?

Women's Quest is the ultimate adventure of self-discovery. Our retreats combine physical, mindful, and spirit-filled activities to achieve HEALTH, attain a balanced lifestyle, and encourage personal expression in a SUPPORTIVE, non-competitive environment.

Our FUN-FILLED adventures are designed for women of any age, ability, or background. Each retreat is unique – honoring the season and the splendor of nature. We provide everything you need to revitalize the BODY, MIND, and SPIRIT.

• What will I discover?

Women's Quest cultivates PASSION, VITALITY, and BALANCE. We have designed a unique and powerful approach to assist women in making life a MEANINGFUL adventure. By retreat's end, you will leave with the tools to create a plan for what you want to do with your "one wild and precious life."

• Where are the retreats?

Retreats are held at resorts in spectacular and inspirational places such as the Colorado Rockies, Utah desert, Tuscany, Italy, and New Zealand. EXPERT INSTRUCTION, classes, accommodations, the latest gear, program materials, and healthy, delicious meals are included.

• Who are the staff?

Motivated to share the confidence she developed through physical activity, former world champion triathlete Colleen Cannon founded Women's Quest in 1992. A caring and enthusiastic leader, Colleen brings her team of PROFESSIONAL instructors, athletes, personal coaches, yoga, massage and nutritional experts to support your experience. You will receive INDIVIDUAL GUIDANCE, safe supervision, and personal attention to your needs and interests. For staff information, visit www.womensquest.com.



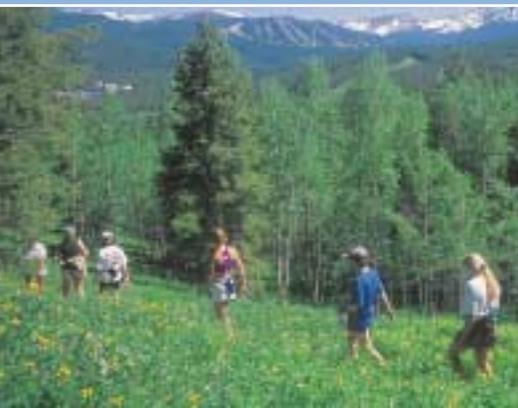
Join us on a journey of adventure
discovery, and play.



Take time for yourself.
Visit a place where true health more than just having a strong it means fine-tuning the relationship between your body, mind, and to achieve fitness from the inside

"When I decided to attend Women's Quest, I did not know to expect. I recall being overcome by fears and questions what a 40-year-old, 252-pound Chicana/Latina would have common with other participants. What I found not only allayed my fears, but embarked me on a spiritual and physical journey that changed my life forever. I learned how to swim and discovered I can climb a mountain. Most importantly, I learned there is a courage and strength within for overcoming an difficulty that may arise in life."

Leticia P., age 40, trial attorney



"Women's Quest changed my life in a totally positive way – more than any other single event I have ever experienced."

Helen A., age 63, retired executive

"Words cannot capture what you have helped me to find in myself, in others, in the world."

Raissa L., age 36, writer

Visit www.womensquest.com

(or call 303-545-9295)

for details about our many different adventures for the body, mind, and spirit.

E-mail colleen@womensquest.com to join the Women's Quest list.

Women's Quest

2525 Arapahoe Ave, Ste E-4#181



Women's Quest

Body



Because Women's Quest believes physical activity is a great tool for personal discovery, our staff works with each woman to recognize how each activity is an expression of her uniqueness and strength.

Our program includes:

- **Expert training tips**—explained in a way you will understand and remember
- **Skills and drills**—offered in the spirit of non-competitive play
- **Nutrition**—nourish yourself with healthful foods and reaffirming messages
- **Playing with purpose**—rekindle your kid

Each adventure is different; physical activities may include:
Hiking, Trail Running, Horseback Riding
Mountain Biking, Road Cycling
Cross-Country Skiing, Snowshoeing
Swimming, Ropes Course
Yoga, Dance
Massage and Facials*

Playfully explore at your own pace and level of challenge -- whether that means a long hike through wildflowers, a speedy bike ride down a trail, or quiet time to sit on a rock and stretch.

*Available for an additional fee



Mind

At Women's Quest, the power of the mind is cultivated as adventure in itself. Evoking the courage to PLAY and DREAM wildly, we will explore:

- Internal messages that prevent you from enjoying and expressing yourself
- Steps you can take to increase your quotient of fun and humor
- Identifying your heart's desire and unleashing the courage live your dreams
- Opening imagination through art, journaling, and other creative endeavors
- Honing intuition and clarifying the quest for authenticity

Inspirational talks, heartfelt discussions, visualization, and specializ activities cultivate a clear mind and open heart. Many retreats include a ropes course to develop confidence, intuition, and individual vision.

Spirit

Women's Quest adventures integrate creative and introspective practices to foster a "felt sense" of authentic spirit. Find a balance between the things you DO in your life and the deeper aspects of who you truly ARE. Activities include:

- Yoga —relax, strengthen, center and empower yourself
- Dance —free your mind and body to move in your own way
- Movement meditations —develop awareness, generate core energy
- Breath awareness, voice work —discover your essence

Rejoice in expression and exploration. Our staff integrates poetry, inspirational stories, and music into each program. Give your spirit time to catch up with your life.



"Literally and figuratively, I reached new heights I never thought were possible for me. You made me believe in myself in a way I never did before. "

Lisa M., age 28, systems analyst

"I turned, 'I can't' into 'I did.' I am forever grateful for this experience!"

Kathie D., age 48, mother of five

