



**Lynn Gow, PMP, CMP**

Lynn was born and raised in New Brunswick where she worked as a Social Worker for 18 years counselling women and

families. Her focus has always been supporting others to uncover the strengths that already exist within.

Lynn currently works as a Change and Project Management Specialist for Federated Co-op in Saskatoon. She is also owner of **Design for Life Coaching and Consulting** offering several services including Retreats and workshops for women, one-on-one or group coaching, spiritual direction and custom designed programs for individuals, teams, groups, or organizations.

Lynn believes and teaches that the key to becoming our best selves, living our best lives and true peace of mind ultimately comes down to the same thing; knowing who we are and living in alignment with who we are created to be.

To contact Lynn:

<https://www.designforlifecoaching.ca/>

[gow.lynn@gmail.com](mailto:gow.lynn@gmail.com)

306-371-6392



**QUEEN'S HOUSE**  
RETREAT AND RENEWAL CENTRE  
NOURISH YOUR MIND - NURTURE YOUR SPIRIT

A sacred place to nourish your mind and nurture your spirit through:

- ◆ Ecumenical Encounter & Prayer
- ◆ Silent Retreats & Spiritual Direction
- ◆ Contemplation & Meditation
- ◆ Healing Retreats & Workshops
- ◆ Spiritual Exploration & Engagement
- ◆ 12-Steps Retreats & Gatherings
- ◆ Solitude and Private Retreats
- ◆ Yoga, Reiki & Holistic Practices
- ◆ Art & Iconography
- ◆ First Nations Spirituality & Encounter
- ◆ Community, Celebration, Worship



Photo by Grant Martin - taken on the grounds of Queen's House

# Who Am I?

## Part Two: Going Deeper

LIVING IN ALIGNMENT WITH MY TRUE SELF AND PURPOSE

A ZOOM SERIES FOR WOMEN

**Wednesday evenings,  
November 3, 10, 17 & 24  
6:30 - 8:00 p.m. CST**



**Lynn Gow**



**QUEEN'S HOUSE**  
RETREAT AND RENEWAL CENTRE  
NOURISH YOUR MIND - NURTURE YOUR SPIRIT

# Who Am I?

## Part Two: Going Deeper

### LIVING IN ALIGNMENT WITH MY TRUE SELF AND PURPOSE

If you have taken the introductory program, 'Who Am I?' then you are invited to join us for a four-week series this November, '**Who Am I? Part Two: Going Deeper.**

**Going Deeper** is an experiential virtual retreat providing participants with the opportunity to practice their inward journey of self-reflection in a supportive and encouraging environment with others who are on the same path. Using the concepts included in the Person Framework introduced in 'Who Am I?', participants will share where they are in their own journeys, along with their hopes and wishes for what may be coming next. During each session, we will use the tools, techniques and practices learned in 'Who Am I?'

"WE ALREADY HAVE everything we need. There is no need for self-improvement. All these trips that we lay on ourselves—the heavy-duty fearing that we're bad and hoping that we're good, the identities that we so dearly cling to, the rage, the jealousy and the addictions of all kinds—never touch our basic wealth. They are like clouds that temporarily block the sun. But all the time our warmth and brilliance are right here. This is who we really are. We are one blink of an eye away from being fully awake." - Pema Chodron

The focus of this series will include:

- Journeying together as part of a supportive group
- Personal reflection exercises
- Meditation Practices to silence the mind, heal the heart, and connect with the spirit
- Sharing personal stories to honor the path that has led you here
- Visioning and setting intentions
- Learning from others' insights as we journey together
- Developing curiosity about yourself, who you are and what you are meant to be doing

Included in the registration:

- Four 1.5-hour Zoom Sessions (meditation, reflection, sharing and setting intentions)
- Copies of all resources shared
- A one-on-one (Zoom) coaching or spiritual direction session

A prerequisite for this program is 'Who Am I? Part One' which will be offered in October. If you are interested in participating in Part Two, have not attended a previous program and cannot attend the October series, please contact Lynn Gow: [gow.lynn@gmail.com](mailto:gow.lynn@gmail.com)

**Wednesday evenings,  
November 3, 10, 17 & 24  
6:30 - 8:00 p.m. CST**

Cost: \$100 for four sessions

*Cost is per person - if additional people are participating in this Zoom event with you we invite them to make a donation to the retreat centre.*

**An online event offered through Zoom**

A minimum of 9 participants are needed to offer these programs.

Registration deadline: **November 1**

### **Registration Details**

There are two registration options:

- Visit our website: [http://www.queenshouse.org/?page\\_id=4399](http://www.queenshouse.org/?page_id=4399)  
**Participants can register and pay online**

OR

- Call Queen's House and register over the phone: 306-242-1916 x226. As our staffing is minimal, please leave a message and we will be in touch ASAP.

**Queen's House Retreat & Renewal Centre**  
601 Taylor Street W, Saskatoon SK S7M 0C9

For details on all programs:  
[www.queenshouse.org](http://www.queenshouse.org)