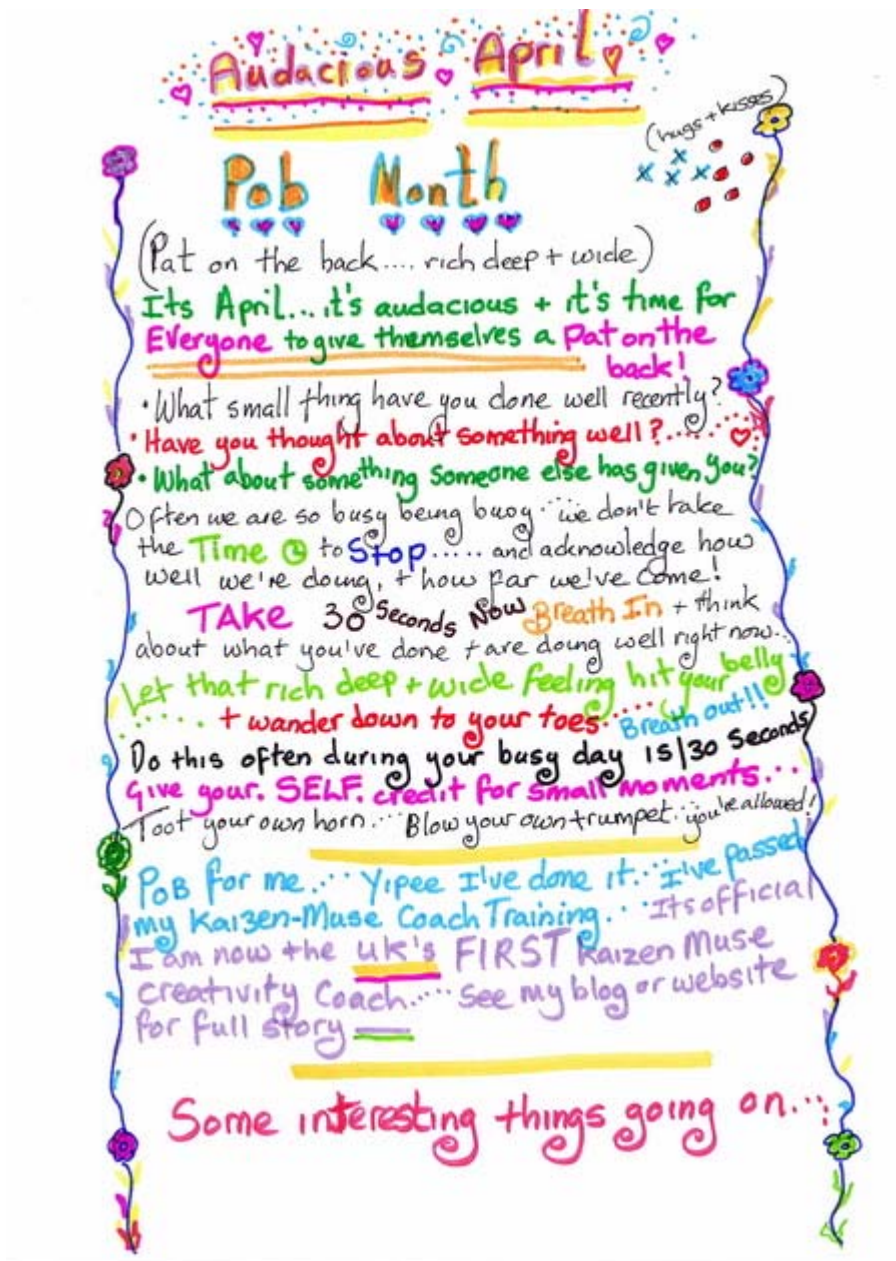




Bringing creativity to life work and play!

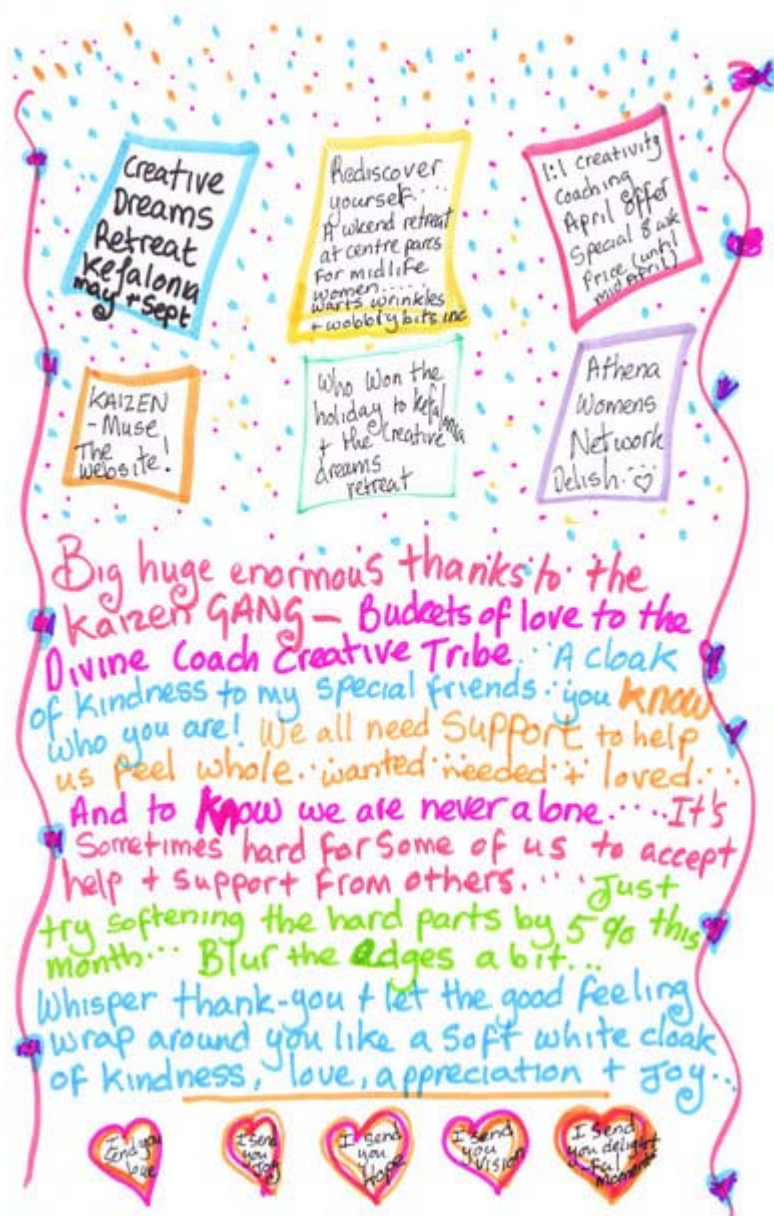


Yippee I've finally done it! I've passed my Kaizen Muse Creativity Coach Training and am now officially the FIRST UK Kaizen Muse coach - I am doing somersaults (not physically you understand the body wouldn't stand it - it's in my anything is possible imagination)

Huge LOVE - Hugs - Thank you's to the fabulous Kaizen Crew who have supported me, encouraged me, and urged me on and of course the fabulous Ms. Jill Badonsky, author of Nine Muses and a Bodyguard, who trained, inspired and nurtured me every step of the process. If you would like to find out more about one of the best coaching programmes around - (it is probably the best) or want to find out how you can use the small scientific steps of Kaizen combined with the unique creative tools that only this coach training offers - go to www.kaizenmuse.com to find out more. It is a gentle kind but very powerful way to make real and lasting changes in a fun creative and really meaningful way.

A massive hug also to all those yummy women and men over on Coach Creative, the brainchild of Dan Goodwin - a fantastic space with lots of groups, blogs, creative musings, information, support and creativity in bucketfuls. Thanks gang! In danger of sounding like I am making an Oscar speech - I feel like it, I just want to whisper to all my special friends - you know who you are, Thank You for being in my life.....

More musings



[Kaizen Muse Site](#) [Athena Women's Networking](#) [Greek Retreat Blog](#)

May is fast approaching and we are hosting our first Creative Dreams Retreat Weeks in May and June. We still have a few spots left and a fantastic April offer - I am feeling expansive so take advantage! May is our affordable retreats for those who want to forgo the luxury of the fabulously gorgeous deliciously divine luxurious [Sept Villa](#) for a retreat without the frills - that said the content is just as great - 1:1 Creative Life Coaching, fun filled workshops, beach barbeques, island tour, stretch and strolls when the sun comes up and so much more, the only thing different is the accommodation. We've come up with a fab way for you to get all the benefits of a Creative Dreams Retreat - rest relaxation, re-juicing your creative spirit, without having to get a second mortgage out. Just book your 1 or 2 week holiday in Katelios and we'll run the retreat around the beach, katelios taverna, the pool just as we would if you were in the September villa. The difference is in the price.

April Offer for May/June - Save ?100 on the Creative Dreams Retreat.

Usually £295 + the cost of your package holiday inc flight. (At the time of writing Olympic have fab 1 & 2 wk hols for £150/£250 including lovely accommodation with pool 5 mins from the beach!)

For your April Offer which is only available til 20th April we are offering your Creative Dreams Retreat for the amazing price of £195 plus the package holiday cost. For around £345 you could be chillin out, relaxing, rediscovering yourself, your dreams, reinventing a life you love, this May/June - This is a fantastic bargain - when you think I usually charge £40 an hour for life coaching alone!

Check out the [website](#) to see all the delicious juicy gentle kind magical things this retreat includes. When you contact us - remember to mention April Offer and your price will be adjusted accordingly.

Our retreats are a gentle space in a magical place - bring your whole creative self, be inspired, have fun, meet like-minded people and discover what you love, what stops you and take home the tools to help you do more of what you want in your life...It's your turn now.



We might paint our sandals...you'll definitely feel on top of the world! Alas no yoga - you can do your own thing...I'll be stretching and strolling in the mornings - and I might even swim a bit!

*****STOP PRESS *****STOP PRESS *****

I am in training at the moment for a little community radio show I am going to be hosting at www.209radio.co.uk My show is going to be called Creative Pathways to Living a Life you Love. If you would like to be a guest - let me know. You don't have to be a painter, artist or anything else arty, you are welcome if you are, you just have to have a mind that loves creative possibilities...have a listen when I get started and see what you think. If there is a kindly benefactor out there who wants this really vital and much needed community radio station to keep going...visit the site or phone and speak to Karl - we need donations, members and someone who has won the lottery - this is your chance to keep something wonderful afloat!

Networking for women.

I had the most delish lunch and met some really gorgeous women the other day at The Athena Women's Network - we enjoyed a really lovely lunch, exchanged business cards, giggles, had a minute to tell the group who were and what we did, the energy was great and for once - not generally into networking stuff - I came away really impressed and warm fuzzy and happy. It made me realise we all need support! www.theathenanetwork.com Check them out they are nationwide and are just a super bunch of women who want to inspire and support others!

So that's about it for this newsletter in April - early I know but better early than never! Remember to give yourselves a big and regular POB (Pat on the Back) and breathe it in to really feel it! We could start a POB craze!

I am getting ready to start on my latest book which will be called 'Six and a half ways to live a deliciously divine life' and also to gear up for the May/June retreat in yummy Kefalonia. Don't forget the April

Offer is only on until 20th April so book before it finishes - we are going to have some really magical weeks!

Hannah Whitehall was the winner of the free prize draw for a week's Creative Dreams Retreat - she is coming out in May with her friend, she is really excited and so am I - you could be joining her...after a lifetime of trying to be all things to all people, is it your turn now?

I will leave you with a quote and a little card which I haven't resized, having lost this newsletter twice, and the fact it's 4.30am in the morning I will leave it to you to make it bigger or whatever. You can download one off my site if you want. It is part of a range I am developing and at the mo there are magnets large ones and cards so have a look!

Quote *"Dance to the music inside you...it's waiting to come out to play"*



Until next time...have a very audacious April!

Love as always Detta xx

