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Sunday afternoon in the south of France, still sunny, still 26°C and the vineyards are dressed in spectacular autumn colours...the perfect opportunity to reflect on life, as it is, here and now.

It only takes a split second to change your life. In a single second last Monday, my life changed. My ophthalmologist informed me that I now suffer from malignant glaucoma, which has already stolen yet more of the little sight I have left. I love hosting my retreats, and I throw my heart and soul into each, but working this intensely is steadily worsening my eye disease. I'll need to host fewer retreats and find another way to supplement my income.

I decided to take my knowledge, training and experience online – everything I teach during my retreats – and create the CRISIS COPING SKILLS CRASH COURSE (CCSCC) since helping my guests navigate change is what I do best.

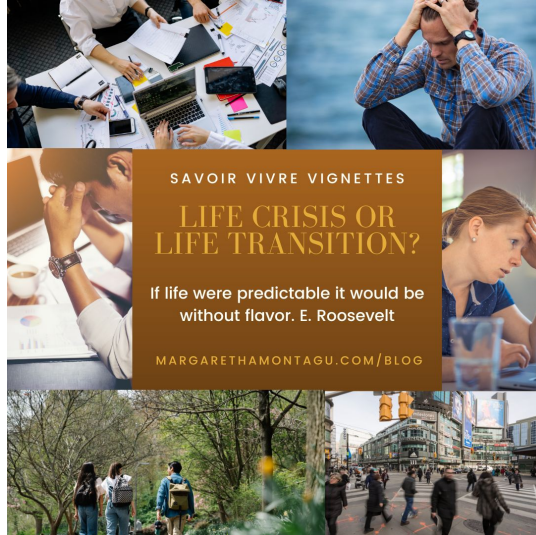
In 6 weeks, my students will find out how to implement 4 simple strategies (instantly effective) that will enable them to be calm, confident, creative and in control in ANY crisis.

I am not going to do what everyone else does and bombard my students with tons of information and endless videos. Instead, if you join my working group, we are going to co-create this course together. We'll go through the course material together, and you'll give me feedback on what works for you and what doesn't, what you loved and what you hated. You will be able to contribute to the content of each lesson of this course, point out problems, and share with me exactly what you need when you need it.

Sound interesting? [Find out how get on the waiting list to join my course creation working group.](#)

Thanks so much for your continued support, I am very grateful to have you onside.

## **This week's articles:**



## Life Crisis or Life Transition

Ask yourself a series of questions:  
 What am I thinking or feeling? Why  
 am I thinking or feeling like this? Why  
 am I thinking or feeling this now?  
 What can I do to cope with this  
 situation? How have I coped with  
 similar situations in the past? Do I  
 need support? Would it help to talk to  
 a friend about this?.. [Read more...](#)



## Do Wellness Retreats Have a Future?

What is a wellness retreat? The Global Wellness Institute defines wellness as “the active pursuit of activities, choices and lifestyles that lead to a state of holistic health.” I would add “mental and physical” before health, but otherwise, it is a useful definition.

Is it still accurate in this peri-pandemic world? [Read more...](#)

This week I'm offering a last-minute **15% discount** on the 5 to 7-day Life Transitions – find your Way through by Walking the Camino de Santiago Retreat that starts on the 6th of November.

If you would like to join us, please let me know by sending an e-mail to [margarethamontagu@gmail.com](mailto:margarethamontagu@gmail.com) and mention "Meraki20/6/11" to get the discount.



If you have already subscribed to my Best Retreat Ever Mailing List, thank you so much! By now you have probably downloaded the **Make The Most of Your Next Retreat workbook** and you might even have benefitted from the content. If you haven't subscribed yet, it'll be great if you [subscribe here](#).

Have a great week,

Margaretha

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