

April 10 - 11, 2010

Relax, Rejuvenate, and Change Your Life!

Experience a series of life-changing seminars given by fitness expert Carolyn Phillips. She will provide you with inspirational insight regarding weight loss, nutrition planning, changing bad habits, and setting and reaching your goals.

Seminars:

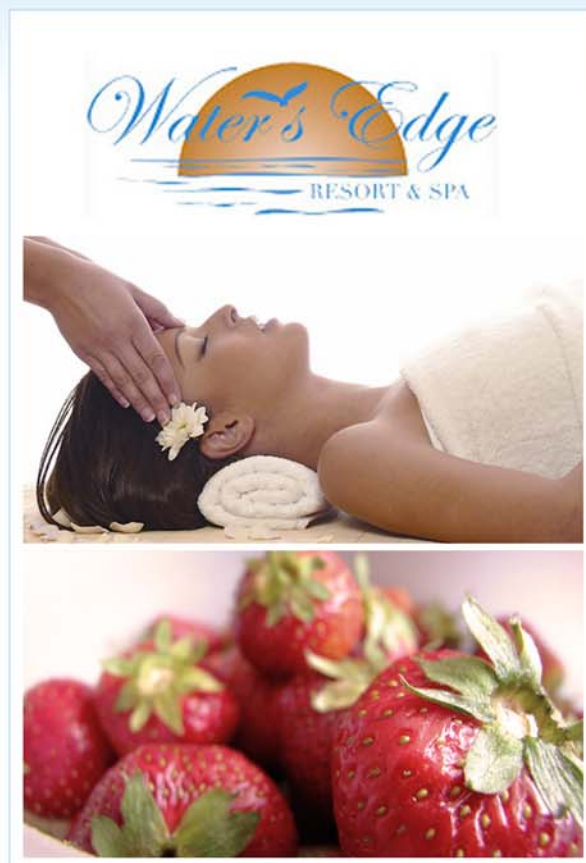
- Weight Loss and Nutrition Planning
- Changing Habits and Behaviors
- Goal Setting, Actions Plans, and Vision Board

Fitness Events:

- Spalaties Class
- Hiking

Spa Center Services:

- Jacuzzi, Sauna Room, Pool, and Fitness Center
- Spa treatments available for an additional charge



Day 1 Events:

9:30	Check in
9:30-11:30	Weight Loss & Nutrition Planning
11:30-1:00	Changing Habits and Behaviors
1-1:30	LUNCH
1:30-3:00	Goal Setting, Action Plans, Vision Board
3:00-3:15	Smoothie Break
3:15-4:00	Spalaties
4:00	Spa and Fitness Center

Day 2 Events:

9:00	Breakfast
10:30	Hiking
1:00	Spa Center Services

\$299 Full Weekend Retreat *
\$125 For 1st Day Only

* Includes overnight stay in shared room