Time For You

Registration Form

Name		
Address		
City, State, Zip		
Phone		
Email Address		
Dietary Restriction	ons (please explain)	

Registration Fee: \$60 per person Registration fee includes continental breakfast, lunch, snack and full day of programming. Participants must be at least 16 years of age. Registration fees are non-refundable.

Please send check or cash to: The Leisure Connection c/o Ann Dolence I 209 58th Ave N Moorhead, MN 56560

If you are interested in lodging at Maplelag, please contact Maplelag Resort directly and ask about reduced rates for this group. 800-654-7711

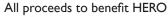
Please register by Monday, November 8, 2010.

See www.maplelag.com for directions and contact information.



Time for You

It'll Be Fun!





VVomen's Wellness Retreat ~ Saturday, November 13, 2010 Maplelag Resort, Callaway, MN

8:30 - 9:00 Arrival/Registration

9:00 - 9:15 Welcome

9:15 - 9:45 Time to be Carefree - Ann

Six simple solutions to free yourself of your cares

9:45 - 10:00 Break

10:00 - 11:30 Morning Yoga - Carolyn

II:30 - I:00 Understanding Temperament - Ann Tips for Communication

I:00 - I:45 Lunch

1:45 - 2:30 Qi-ssage - Ann and Carolyn
Qi-ssage acupressure addresses the 24 main acupressure points in the body.

2:30 - 3:30 Coaching Yourself to a Lifetime of Wellness - Ann

3:30 - 3:45 Break

3:45 - 4:45 Daytime Strategies for a Good Night's Sleep - Carolyn

4:45 - 5:00 Wrap up

Clock Hours Available

www.timeforyoumaplelag.eventbrite.com

Please wear comfortable clothing for movement and bring a yoga mat if available.

For questions, please contact Ann Dolence at anndolence@msn.com

About the Presenters:

Ann Dolence is excited to see you at the retreat and share her 25 years of motivational speaking with you. With Ann presenting, it'll be fun!

Carolyn Espel looks forward to sharing her love for yoga and wellness with you. Carolyn is certified and registered as a yoga instructor and has been in the fitness industry since 1990.