

Time For You Registration Form

Name

Address

City, State, Zip

Phone

Email Address

Dietary Restrictions (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
1209 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!

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

All proceeds to benefit HERO



- 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
11:30 - 1:00 Understanding Temperament - Ann
Tips for Communication
1:00 - 1:45 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.