



Skiing with Time for You – It'll Be Fun!

Women's Wellness Retreat

With Ann Dolence and Carolyn Espel

Maplelag Resort, Calloway, MN

March 4 – 6, 2011

Weekend Schedule

Friday, March 4

- Anytime on Friday Check-in – Main lodge
12:30 Lunch
6:00 – 6:30 Orientation
6:30 – 7:30 Dinner
7:45 – 9:45 Get Acquainted and Unwind
- Mixer upper
 - Qi~ssage – Head and shoulder points - Ann
 - Sleep yoga - Carolyn

Saturday, March 5

- 7:00 – 8:00 Morning Spring Forest Qigong/walk/ski
8:30 – 9:30 Breakfast
9:45 – 11:15 Coaching Yourself to a Lifetime of Wellness - Ann.
11:30-12:30 Yoga for the Ski Season - Carolyn
12:30 Lunch
1:30 – 6:00 Free/Ski time – ski lessons available.
6:00-6:30 Ski stories
6:30 – 7:30 Dinner
7:45 – 8:45 Qi~ssage – Arm and back points – Ann
8:45 – 9:45 Yoga – Hip openers and gentle inversions by Carolyn

Sunday, March 6

- 7:00 – 8:00 Morning Meditation/walk/ski
8:30 – 9:30 Breakfast
9:45 – 10:30 Setting Yourself up for Joy – Ann
10:45 – 12:00 Yoga for Moods – Carolyn
12:30 – 1:30 Lunch
1:45 – 2:15 Send-off – You've Been Framed!
More free time – ski instruction available