

Ski Maplelag Resort in Calloway, MN and Take



Time for You

February 21 – 24, 2012

A Women's Wellness Retreat with

*Ann Dolence, Spring Forest Qigong
Master Healer and Instructor*

*Carolyn Espel, Registered and
Certified Yoga Instructor*

*Kyia Anderson, former professional
athlete and Midwest recognized
clinic leader and instructor*

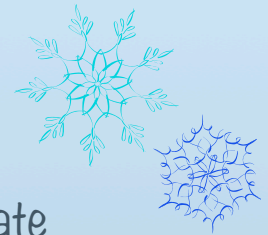
**Space is
limited –
Register
Early!!**

*\$429 plus tax for
three nights.
Registration and
payments required
by Feb 15.*

*For reservations,
please call 1-1800-654-7711 or
email Maplelag directly:
maplelag@arvig.net.*

Relaxing and playing through:

- ❖ Yoga
- ❖ Spring Forest Qigong
- ❖ One private Spring Forest Qi~ssage session
- ❖ Meditation
- ❖ Ski instruction
- ❖ Unlimited skiing
- ❖ Maplelag ambience and bottomless cookie jar
- ❖ Social and free time



Questions? Please contact
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Carolyn Espel: c.espel@yahoo.com