

THE WOMEN'S WELLNESS RETREAT: HEALING THE BODY, MIND & SOUL

November 5-7, 2010

) F R I D A Y	<p>\$599 pp, double \$699 pp, single</p> <p>Early bird: \$499pp</p> <p>Women's L.A.B.: \$449 pp, double \$549 pp, single</p>		<p>9 a.m. – 12 p.m.</p> <p>Welcome & Intro</p> <p>Objectives & Agenda</p> <p>Special Guest Speaker (Fran Padgett, Founder, The Weathervane Foundation)</p> <p>Sign-ups for Free Time Activities</p> <p>Principles of Self-Care (Jill Hickman)</p>	<p>11:30 a.m. – 12:30 p.m.</p> <p>Lunch</p>	<p>12:30 – 1 p.m.</p> <p>Organize or Agonize (Marla Regan)</p>	<p>1:00 – 3 p.m.</p> <p>Feng Shui Principles: You and the Attractor Factor (Katherine Ashby)</p>	<p>3 p.m. – 5 p.m.</p> <p>Check-in</p> <p>and</p> <p>Free Time</p> <p>Global Heart Rhythm Drumming (Liz Plaster)</p> <p>and</p> <p>Walking The Labyrinth (Kay Kemp) in the Chapel</p>	<p>5:30 – 6:30 p.m.</p> <p>Dinner</p> <p>and</p> <p>Special Guest Performance by Loretta Williams Gurnell</p>	<p>6:30 – 8:30 p.m.</p> <p>EXPO:</p> <ul style="list-style-type: none"> - Demos - Door prizes - Book Signings - Raffles <p>8:30 – 10:00 pm. The Women's L.A.B. Social</p>
S A T U R D A Y	<p>7 – 7:30 a.m.</p> <p>The Labyrinth in the Chapel</p> <p>7:30 a.m. – 7:45 a.m.</p> <p>Morning Prayer in the Chapel</p> <p>8 a.m. – 9 a.m.</p> <p>The Labyrinth in the Chapel</p>	<p>8 a.m. – 9 a.m.</p> <p>Breakfast</p>	<p>9 a.m. – 10 a.m.</p> <p>Free Time</p> <p>10 a.m. – 12 p.m.</p> <p>Creative Self-Expression with Art Part I: Your Choice –</p> <p>Mosaics (Michele Patrick) Or Creative Collage (Kay Kemp) Or Beading (Connie Powers)</p>	<p>12 p.m. – 1 p.m.</p> <p>Lunch</p>	<p>1 p.m. – 3 p.m.</p> <p>Free Time</p> <p>and / or</p> <p>Croquet and other Yard Games at the Lake with Jill</p>	<p>3 p.m. – 5 p.m.</p> <p>Mastermind Sessions at the Lake with Jill</p>	<p>5 p.m. – 5:30 p.m.</p> <p>Evening Prayer in the Chapel</p>	<p>5:30 – 6:30 p.m.</p> <p>Dinner</p>	<p>6:30 – 8:30 p.m.</p> <p>EXPO</p> <ul style="list-style-type: none"> - Demos - Door Prizes - Book Signings - Raffles
S U N D A Y	<p>7 a.m. – 8 a.m.</p> <p>Free Time</p>	<p>8 a.m. – 9 a.m.</p> <p>Breakfast</p>	<p>9 – 11 a.m.</p> <p>Creative Self-Expression with Art Part 2: Your Choice –</p> <p>Mosaics (Michele Patrick) or Creative Collage (Kay Kemp) or Beading (Connie Powers)</p>	<p>11 – 11:30 a.m..</p> <p>Check-out</p> <p>11:30 a.m. – 12:30 p.m.</p> <p>Lunch</p>	<p>1 p.m. – 2 p.m.</p> <p>Retreat Wrap-Up</p>				

