

Women's Wellness Weekend

Joy of Living



June 5-7, 2009

**To reserve, contact reservations at
888.735.8181**

With summer approaching, you're probably ready to relax, but do you remember how to let go of worries and stress and have fun with life? At this women's-only gathering, America's emotional well-being expert Michelle Bersell and acclaimed food coach Suzanne Monroe share ways to lighten your load in everyday life and make joy your top priority. You'll leave with wonderful insights into how joy can bring greater success to all areas of your life.

Here's how the weekend will unfold:

Friday evening:

Arrival – Welcome to your suite, spa activities and relaxation

Saturday morning:

Workshop 1 – “Joyful Living from the Heart”

Saturday afternoon:

Spa activities and Personal Consults

Saturday evening:

Workshop 2 – “The Joy of Intuitive Eating” and Cooking Demo

Sunday morning:

Optional group activity or spa activities and relaxation

Workshop 3 – “Maintaining Joy in your Day to Day Living”

Sunday afternoon:

Spa activities and Personal Consults



Sundara Inn & Spa

Workshop Details

Joyful Living from the Heart

Innocently, many of us put up personal roadblocks that prevent us from experiencing life fully. Discover how to bring back joy by diminishing those blocks that inhibit the fullest expression of you.

The Joy of Intuitive Eating Workshop & Cooking Demo

Learn to follow your cravings and eat intuitively, instead of counting calories and dieting. In this interactive cooking demonstration, you'll be inspired to discover what foods truly nourish your body and spirit.

Maintaining Joy in your Day-to-Day Living

Gain knowledge of specific techniques for bringing renewal and joy to your life long after this weekend retreat wraps up. You'll be guided through the creation of a personalized roadmap that will help you keep health and well-being at the forefront of your life.

Women's Wellness Weekend package includes:

- Two-night stay in one of Sundara's luxurious suites or private Villas, with upgrades available to accommodate up to 8 people
- Spa breakfast buffet each morning served in the Radiance Rotunda
- Wellness Workshop - Joyful Living from the Heart
- Wellness Workshop - The Joy of Intuitive Eating Workshop and Cooking Demo
- Wellness Workshop - Maintaining Joy in your Day-to-Day Living
- Unlimited access to Sundara's indoor bathhouse with Purifying Bath Ritual and heated outdoor infinity edge pool
- 10% off all spa services** (50 minutes or longer) enjoyed during stay

Rates and Availability:

- Call Sundara for rates and availability 888.735.8181
- Limited offer, subject to availability.
- Available June 5-7, 2009

* Please note that there is a minimum of 8 participants required for this retreat to be held. In the case that the retreat would be cancelled all participants would be notified 30 days in advance. ** Discount cannot be combined with any other offers.

***Reserve by May 1, 2009 and receive a free gift bag that includes valuable gift certificates, books, and tools that will nurture you in body, mind and spirit.

For more details about the speakers and retreat visit sundaraspacom.com.

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