

Time For You Registration Information

Registration Fees:

\$265 if registered on or before February 15.

\$290 after February 15.

Please register early as space is limited.

Registration fee includes lodging, meals, use of ski trails, skiing instruction, and use of all of the beautiful facilities as well as programming.

The program begins on Friday, March 4 at 6:00pm and ends Sunday at 11:30am (Sunday lunch is included). For more details on the program, please go to www.maplelag.com/posts/calendar/2792.

Register on-line at
www.timeforyouskimaplelag.eventbrite.com.

You'll have the opportunity to pay through PayPal or by check.

Pricing includes shared accommodations. Rooms will likely hold 2-3 people. Once registered, you will be contacted regarding the accommodations and other details. Opportunities to request specific roommates will be provided at that time. If you would like to request a single room, please contact Maplelag directly.

Participants must be 16 years of age.

Registration fees are non-refundable.

Please register by Monday, February 28, 2011.

See www.Maplelagresort.com for directions and contact information.



Skiing with Time for You

Women's Wellness Retreat - It'll Be Fun!

Friday, March 4 through Sunday, March 6, 2011

Maplelag Resort, Callaway, MN

Please join Ann Dolence and Carolyn Espel for a fun weekend of skiing, relaxing, and retreating together at beautiful Maplelag Resort. There will be plenty of time to enjoy the ski trails, instruction, and warm ambience of the resort in addition to motivational and relaxing programming. Bring your friends and relatives and make new friends in this Time For You retreat. It'll be fun!

The weekend will allow for both scheduled and unscheduled time that will include:

- * Time for skiing for all levels with professional instruction available.
- * Fun and educational talks by Ann that inspire motivation and follow-through.
- * Yoga for skiing, sleep, and mood management by Carolyn.
- * Optional morning Spring Forest Qigong (Chinese energy based healing art) and Meditation to start the days.
- * Qi-ssage (acupressure which addresses 24 main points of the body).
- * All deliciously prepared meals and cozy accommodations.
- * Full use of the resort including sauna and large whirlpool.
- * As much down time as you like.

www.timeforyouskimaplelag.eventbrite.com

Please bring comfortable clothing for yoga, and a yoga mat, if available.

For questions, please contact Ann Dolence at anndolence@msn.com or Carolyn Espel at c.espel@yahoo.com

About the Presenters:

Ann Dolence is excited to see you at the retreat and share her 25 years of motivational speaking, and her passion for Spring Forest Qigong 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.

Kyia Anderson former professional athlete and Midwest recognized clinic leader and instructor will be leading the ski instruction.