



Girls Just Wanna Have Fun...and Be Healthy

Ahwatukee Foothills Family YMCA Women's Wellness Retreat

May 14-16, 2010

4 p.m. Friday to 2 p.m. Sunday

Sky Y

(Located in Prescott, AZ)

We invite you to slip away from the daily grind and return to your summer camp days as a child at a retreat like no other. *Girls Just Wanna Have Fun...and Be Healthy* is the theme for the weekend, so everything is designed with that in mind. Join us for an unforgettable weekend filled with enlightening and enjoyable workshops, fitness classes, and other activities. Topics will include life balance, finding your unique gifts, nutrition and mindful eating, physical fitness, restoring the mind, body, and spirit, and enjoying the company of other women. There is truly something for everybody at this life-changing retreat, so pack your sleeping bag and pillow and join us for the fun!

Interactive Workshops:

- Setting Goals for Life Balance
- Find Your Scream: Discovering Your Unique Gifts
- Nutrition Tidbits
- Eat What You Love, Love What You Eat
- Loving the Skin You're In

Instructors:

- **Dawn Rutledge**, *The Living Well Retreats, Am I Hungry? & Holy Yoga*
- **Michelle May, M.D.**, *Am I Hungry? & Holy Yoga*
- **Vicki Sandler**, *Wearthy Ideas, LLC*
- **Kymerly Johnson, CPT**, *YMCA*

Other Offerings Include:

- Yoga & Mat Pilates classes for all levels
- Bootcamp basic training
- Group fitness classes
- Adventure experience
- Hiking
- Guided meditation
- "Girls Night In" pampering party
- Massage (separate charge)



**A portion of the proceeds will benefit
the YMCA Strong Kids Campaign.**

“GIRLS JUST WANNA HAVE FUN...AND BE HEALTHY” RETREAT REGISTRATION

Name(s) _____

Address _____

City, State, Zip _____

Home Phone _____

Cell Phone _____

Email _____

Roommate Preference: (we will do our best) _____

Interested in Carpooling? Driver Passenger

Retreat & Accommodations: (includes instruction, materials, ranch accommodations, gourmet meals and snacks)

Individual(s) _____ @ \$260 = \$ _____

Subtotal \$ _____

Group Name (if applicable) _____

\$30 Group Rate Discount (groups of 4 or more)
\$30 Early Bird Discount (if register by 3/31/10)
Discounts cannot be combined.

Massage: (optional, massage times scheduled on-site)

½ Hour Massage _____ @ \$30 = \$ _____

1 Hour Massage _____ @ \$60 = \$ _____

Subtotal \$ _____

Payment Information: *Payment is required to hold your reservation.*

Total Paid \$ _____ (include check or credit card info below)

Check: Payable to The Living Well Retreats, LLC

Credit Card VISA MC AMEX DISC

Card # _____

Exp. Date _____ 3 Digit Security Code _____

Name as it Appears on Card _____

Signature _____

Rooms are assigned on a first-come, first-served basis. Contact Dawn@TheLivingWellRetreats.com or call 480.250.5867 with questions or for more information.

To register online, please visit www.ymcawomenswellnessretreat.eventbrite.com.

Please mail payments to:

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