

Be Well Retreat

September 16-19, 2012

What's included:

- Three healthy meals each day
 - All classes, workbooks, supplies
- Classes on
- Mindfulness
 - intuitive eating
 - positive thoughts
 - regulating your emotions in a healthy way
 - finding purpose/fulfillment in life
 - positive relationships
 - Healthy nutrition
 - cooking classes
 - importance of supplementation
 - Stress relief

Activities Include: Daily Yoga, hiking, spending time in nature, and ample free time to customize your experience.

FOR MORE INFORMATION:

Visit be-well-guide.com for itinerary, menus, spa service descriptions, pictures from last retreat.

ADDITIONAL FEE:

Spa services (massage, body wraps, facials) available by appointment only. (email M'Lisa mjackson@beneficial-intl.com/ 801-973-7778 ext. 106)

WHAT YOU NEED TO DO:

- 1) Log onto be-well-guide.com to reserve your space. You will be directed to M'lis Events Page.
- 2) Decide if you are coming with someone and will be sharing a room, or if you will be on your own. Book your lodging using the following links:

Lodging in Beautiful Eden, Utah:

[Wolf Lodge One Bedroom Condo](#) would be \$133.33 per night, making a three night stay \$400.

[Wolf Lodge Two Bedroom Condo](#) would be \$166.67 per night, making a three night stay \$500.

[Moose Hollow Two Bedroom Condo](#) would be \$200 per night, making a three night stay \$600.

[Moose Hollow Three Bedroom Condo](#) would be \$233.33 per night, making a three night stay \$700.

These prices include all taxes, etc. I have linked each quote with an example property to view photos and descriptions.

- 3) Decide on transportation. If you are flying in, make reservations to Salt Lake International Airport. If you would like transportation to Eden, Utah, there will be a shuttle going up at 3:00 pm from the airport. If you fly in earlier, rent a car and follow directions to Eden.

A shuttle going to the airport will leave the retreat location at 11:30 on Wednesday, September 19th. It is a 70 minute drive.

This retreat is perfect for spa's wanting to learn how to run their own retreats, or for someone needing rest and rejuvenation.

COST: \$400 per person. This price includes everything *except* lodging and transportation.

If you are coming with another person the price is discounted for the second person. The cost would be \$400 for the first person and \$200 for the second.