

Yes! Please register me for the *Inspirational Experience!*

Name _____

Address _____

City _____ State _____ ZIP _____

Occupation _____

Phone _____ Fax _____

Payment options (*see rates on insert*)

Please charge my Visa MasterCard in the amount of \$ _____

for the Spa Bliss Spa Special package

Check for \$ _____ made payable to *Women's Way* enclosed

for the Spa Bliss Spa Special package

Name as it appears on credit card _____

Card # _____ Expiration _____

Signature _____

Are you attending with someone else? Yes No

If yes, name _____

3 Easy Ways to Register

Complete this form and...

Fax it to 727-669-3813

Mail it to Women's Way, 2329 Sunset Point Road, Suite 203,
Clearwater, FL 33765

Call 727-669-3911, ext. 11

In an effort to provide the most personalized experience possible,
attendance at this retreat is limited.

Reserve your space today!

*You will receive a confirmation letter with directions to the event upon receipt
of your registration.*

Questions? Call 727-669-3911, ext. 11



Women's Way

An Inspirational Experience

A full-day retreat to relax, rejuvenate and reconnect

10 Signs That You Need This Retreat...

1. Your “to do” lists have “to do” lists.
2. You know you need time with your women friends.
3. You’re always in a hurry.
4. You’re exhausted at home—barely enough energy to watch TV.
5. You have trouble saying no.
6. You feel out of balance, even overwhelmed at times.
7. You’re all stressed up and nowhere to go.
8. You’re spending too much time in meetings.
9. You know there has to be more to life.
10. You don’t laugh as much as you used to.

Seminar Topics

Emotional and Physical Balance

Discover simple movements for relaxation and renewal that follow the gentle rhythm of nature through a combination of dance, t'ai chi, chi gong and/or yoga.

Herbs, Supplements and Natural Approaches

Learn how to reduce stress and improve health through calming herbs, memory enhancers, vital supplements and nutrition.

Women’s Life Issues

- Understand the wisdom of your body’s signals, such as fatigue, headaches and cancer, and explore ways to relieve them.
- Discover how to turn tribulations into triumphs by drawing on the wisdom of life experiences.
- Explore critical life issues such as menopause, relationships and finances.

Women’s Way...

an *Inspirational Experience* where you will:

- Learn about **natural approaches to creating vital health** through herbs, supplements, nutrition, etc.
- Make **meaningful connections with other women** & discover **valuable resources**—such as practitioners, health & fitness experts and professional financial advisors—in your area.
- Gain useful **insight into women’s issues** for personal balance & empowerment at any stage of your life.
- Enjoy a **wonderful day of education & relaxation** that will remind you that *you’re worth it!*

The day also includes 3 hours of well-deserved pampering & relaxation. **Choose from one of two packages:**

Spa Bliss includes 2-3 luxurious services i.e. refresher facial, full-body massage, aromatherapy and more!
(See the insert for details)

Spa Special includes a manicure and pedicure
Full spa amenities—includes sauna, jacuzzi, pool, fitness room and showers – where available—accompany both packages.

“Inspiring, spontaneous—looked at the whole experience of a woman’s life and the possibility of a blissful life, not just coping management.”
—Barbara, pharmacist & mother

“I could relate 100% with the content and format. It touched many chords in my life.”
—Beverly, attorney & mother

Special room rates are available for those who want to extend the day to an overnight stay.

rejuvenate

“I believe all women should have this experience in their lives.”
—Rebecca, barber