

RESTORE



RELAX, RENEW!!

Living Whole Health together with Laughing Duck Gardens presents...
A Weekend at Belle Meade Farm...Enjoy the Fall Harvest!
September 17-19, 2010



Come together with other women to tune into your body in a most beautiful setting in the foothills of the Blue Ridge Mountains! A time to devote to your needs. A blend of hands on learning along with time to rest, relax and restore and renew!

Join us for a whole foods organic cooking class, daily yoga, and a most inspiring herbal workshop to help balance and restore our bodies through nature's bounty.

"By nourishing the body, we nourish the spark of life within the body." - Mark David

WHEN: September 17-19, 2010

WHERE: Belle Meade Inn, Sperryville, VA

Cost: includes, room, meals, and classes. Local Rate \$125 for Saturday only.

Massage therapist will be available at additional cost

Please contact Cheryl Mirabella @703-599-8791

<http://www.livingwholehealth.com> or cheryl@livingwholehealth.com

Details....

Cost: \$425* for the 2 night stay. Please send a 50% non-refundable deposit by 8/20/10 to hold space and receive a \$25 early bird discount. Payment in full by 9/01/10 to guarantee your spot. Local Saturday Day Rate: \$125, includes, morning yoga, farm breakfast herb workshop and cooking class.

Price includes: all meals, accommodations and classes. *All rooms double occupancy. A single room rate would be \$525 for the 2 nights. Early bird rate by 8/15 \$500. Massage therapist available for appointments at the house Fri, Sat or Sun.



Yes, I cannot wait to get to the Farm to RESTORE, RELAX AND RENEW!

NAME: _____

ADDRESS: _____

EMAIL: _____

PHONE: _____

Credit card # _____ 3 digit security code _____

I would like to share with: _____

I would like to schedule a massage: _____ Please have the massage therapist contact me.

Mail form and check to: Cheryl Mirabella 300 S. Washington Street, Suite 205
Alexandria, VA 22314 or visit website to pay using PAYPAL. 703-599-8791
<http://www.livingwholehealth.com>.

Belle Meade Weekend Schedule (subject to change)

Friday:

Check in begins at noon.

Explore, Rest, Massages

6:30: Light Dinner Soup / Salad

8 pm :Intention setting circle for weekend

Star-gazing in hot-tub

Saturday:

8:00-9:15 am: Meditation/Yoga

9:30-10:15 am: Healthy Breakfast

10:30-noon: Herbal Workshop with Teresa

Free afternoon for massage, hiking, exploring reading

1 pm: Lunch/ Bagged lunch and snacks available for all

6:00 pm: Healthy Cooking Class with guest Chef Sylvie Rowland of Laughing Duck Gardens

8pm: Movement/ Dancing

Sunday

7:30-9:00 am :Yoga/ Meditation

9-10 am :Healthy Breakfast

11:00 am: Wellness Goals / Ideal Scene / Discussion / Closing Circle

Massage appointments

Departure at noon

Late check out for those getting Sunday massages

Presenters: Cheryl Mirabella, Nutritional Health Coach and Wellness Educator and Sylvie Rowland of Laughing Duck Gardens and a hatha yoga teacher.