

## RESTORE



RELAX, RENEW!!

Living Whole Health  
together with Green  
Comfort presents...A  
Weekend at Belle  
Meade Farm  
April 9-11, 2010

Come together with other women to tune into your body in a most beautiful setting in the foothills of the Blue Ridge Mountains! As you awaken from the winter months 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: APRIL 9-11, 2010

WHERE: Belle Meade Inn,  
Sperryville, VA

Cost: includes, room, meals,  
and classes.

Massage therapist will be available at additional cost

Please contact Cheryl Mirabella  
@703-599-8791 for more info.

Details....

Cost: \$395\* for the 2 night stay,. Please send a 50% non-refundable deposit by 3/09/10 to hold space and receive a \$25 early bird discount. Payment in full by 4/01/10 to guarantee your spot.

Price includes: all meals, accommodations and classes. \*All rooms double occupancy unless you request a single room at additional cost of \$200 or a total of \$595 for the 2 nights.

Massage therapist available for appointments at the house on Saturday.



**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>.

## Schedule

**Friday:** Check in begins at 3, Dinner at 6.  
Intention setting circle for weekend at 8.

### Saturday:

8:00-9:15 Meditation/Yoga

9:30-10:00 AM Healthy Breakfast

10:30-noon: Herbal Workshop with  
Teresa

Free afternoon for massage, hiking,  
exploring reading ....

Bagged lunch available for all

5:30 Healthy Cooking Class

8pm Movement/ Dancing

### Sunday

7:30-9:00 AM Yoga

9-10 AM Healthy Breakfast

Wellness Goals and Discussion

10-12 Health Consults 30 minute by  
appointment

Departure at Noon

**Presenters:** Cheryl Mirabella, Nutritional  
Health Coach and Wellness Educator  
and Teresa Boardwine Herbalist  
[www.greecomfortherbschool.com](http://www.greecomfortherbschool.com) along  
with Yoga teacher Katherine Jamieson.

More info on presenters found on  
website.