

WEEKEND GETAWAY at Westin Hilton Head Island Resort & Spa

Hilton Head, South Carolina

(4-1/2 hours away from Atlanta, GA) (30min north of Savannah)

Classes & Sessions include:

Yoga (with *hands on therapy*) Friday 7pm & Saturday 12noon

Tai Chi & Qigong Saturday 8am

Vibration Dance Training Saturday 7pm

Yoga & Meditation Sunday 9am

Group Energy Healing (Reiki Circle) Sunday 12noon

With Instructors:

Joel Steidle, Essud Fungcap Jr, & Sheri Gilburth

Sponsored by Heart Center Therapy

JOIN US FOR A WEEKEEND GETAWAY, IN THE SPRING OF 2012 FOR A TIME TO RELAX, REJUVENATE, & RESTORE ON THE BEACH TO RECONNECT MIND, BODY, & SPIRIT! FEEL FREE TO BRING YOUR FRIENDS OR FAMILY, OR USE THIS GETAWAY FOR A TIME OF SELF CONNECTION!

FOR MORE INFO CONTACT

ESSUD AT: 404 641 6523

www.heartcentertherapy.com

www.roomstays.com/hotel/678944

When: May 4th – 6th 2012, Friday 7pm to Sunday 4pm

Fees: \$115 for All Classes & Sessions OR \$25 per Class/Session.

To reserve a room at the Westin Beach Resort for a discounted rate please call:

[843-681-4000](tel:843-681-4000) or [1-800-937-8461](tel:1-800-937-8461) Ask for "Yoga weekend getaway" when you call!

Must reserve by April 10th, 2012!

Make your room reservations early, availability is limited! No meals included.

Feel free to share rooms with others to split room costs. Carpooling is a great idea!

You are also welcome to make your own accommodations on Hilton Head Island.

REGISTRATION & PAYMENT DEADLINE FOR CLASSES & SESSIONS: APRIL 10th, 2012

In the event of "extreme bad weather" we will reschedule the weekend getaway