

You work hard, you take good care of others, and that might leave you feeling like it's hard to find time to take care of yourself. Giving yourself a break might feel hard to do, but it's a choice that's sure to pay you back in ways unimaginable.

## Women's X-C Ski & Yoga Retreat

It's Time to Play!

FEB 20 - 24, 2020



LODGING: Black Bear Resort, Canaan Valley, WV; Deluxe Homes

COST: \$800 Individual room; \$650 shared room. Registration deadline: Jan. 20, 2019  
Early Bird Discount – Register by December 15 and save \$50.00

WHAT'S INCLUDED: 4 nights lodging

- Daily Yoga & Meditation classes
- Daily Guided Ski (or Hike) with Trail Use Pass at White Grass Friday thru Sunday
- Healthy, Whole Food: Breakfast (Fri, Sat, Sun); Dinner (Th, Fri, Sat); Snacks to carry on ski/hike
- One 30-minute massage

EXTRAS: Ski rentals, lessons, and lunch all available at White Grass Ski Touring Center

BONUS: Connect with a great group of women. Come home feeling restored, rejuvenated and with new friends!