

Lose It In Sedona Weight Loss Retreat **May 13-16, 2010**

We've designed a retreat that WE want to attend! It's a feel-good blend of physical movement, enjoying the natural setting, group coaching, delicious food, and serious fun. Here's the escape plan...

Thursday, May 13

4:00 - 6:00 pm

Welcome Gathering
Claim your vision. Have some fun.

Friday, May 14

Breakfast included

9:00 - 11:00 am

What do you really want?
Group Coaching Circle

11:15 am - 12:45 pm

Picnic Lunch Outside! (lunch included)

1:00 - 3:00 pm

Gorgeous Hike
Motivational Walk and Talk

3:15 pm - 5:00 pm

What's in the way? Overcoming Obstacles.
Group Coaching Circle

Dinner on own

8:30 pm

Restoration Yoga

Saturday, May 15

Breakfast included

9:00 am - 11:00 am	Special Creative Small Group Coaching Assignment—Outside
11:00 am - 12 noon	Yoga Outside
12 :15 pm - 1:45 pm	Lunch (included)
2:00 pm - 4:00 pm	What are you missing due to the struggle? Group Coaching Circle
<i>Dinner on own</i>	
7:00 pm - 8:30 pm	Informal social hour at the resort Prepare to laugh. A lot.

Sunday, May 16

Breakfast included

9:00 am	Lose It! Action Plan
10:30 am	Hike to local Vortex site/tour What will you let go of? What will you let in?
12:00 pm	Retreat concludes

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