

WELLNESS WEEKEND

BEAR MOUNTAIN LODGE JUNE 20 & 21, 2014

CHANGE

RENEW

TRANSFORM



JOIN OUR TEAM OF EXPERTS IN A CELEBRATION OF THE SUMMER SOLSTICE!

Interactive workshops on the art of *Gratitude Journaling*, and the power of pilates and core strength through roller and mat work with Genevieve Nedder. MORE INFO: WWW.BODYFUNDAMENTALS.COM

Experience the power of labyrinths, learn to draw a finger labyrinth, and honor your body, mind, and spirit during Hatha Yoga with Cordilla Rose of Whitewater Mesa Labyrinths. MORE INFO: WWW.WMLABYRINTHS.COM

Set your intentions for change, learn about the local plants, and hike the gorgeous grounds of Bear Mountain. Learn how your own personal style helps define who you are and who you want to be with Paula Taylor of Paula Taylor Productions. MORE INFO: WWW.PAULATAYLORLLC.COM

FOR RESERVATIONS PLEASE CALL, (575) 538-2538 OR VISIT, WWW.BEARMOUNTAINLODGE.COM.

Limited day passes available for the workshops starting at \$200. **ONLY 4 SPOTS LEFT!**

Each of the Wellness Weekend participants will receive a transformation tote with special gifts, healthy snacks, and your own personal journal.

Your weekend includes all seminars, workshops, hikes, yoga, pilates, and all healthy and delicious meals. Meals provided by Café Oso Azul.

Reservations are \$1,000 for Single and \$900 per person for Double Occupancy.

Bear Mountain Lodge is located in the artist community of Silver City, New Mexico, a beautiful scenic drive only 3.5 hours from Tucson.