

## Room for Only 6!

*Hurry and reserve your spot before it's too late!*

This is a once in a lifetime opportunity... and there is only room for 6 women.

The spots are going to be taken **VERY** quickly! So act now and be rewarded with a fantastic experience.

To reserve your spot, just call Lisa 203-942-9839 or Kevin 203-739-0035, today!

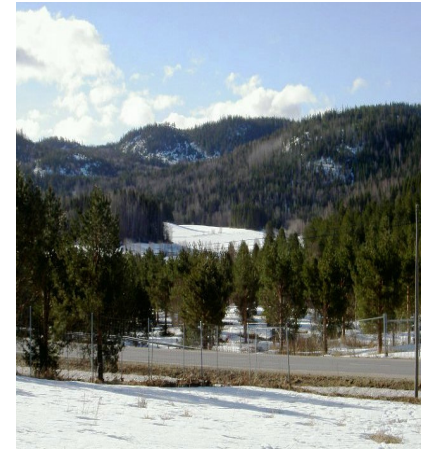


*Bed and Breakfast*

Wellness Retreats  
27 Crow's Nest Lane 11A  
Danbury, CT 06810  
Address Correction Required



## Wellness Retreat in the Land of the Midnight Sun



Relax, Rejuvenate, Destress



# Find Peace in the Fantastic Nature of Sweden's High Coast

Spend 7 days and 6 nights in one of the most beautiful places in the world.

Explore the nature, recharge and relax in the Swedish High Coast, a UNESCO World Heritage Reserve.



Map of the Swedish High Coast

## June 17-23, 2006

*Refresh your senses, live healthy,  
breathe fresh, clean air.*

This is the perfect escape for someone who is looking for something completely different.

### Trip Includes:

- ❑ Stay at a B&B Located in the heart of the Swedish High Coast, 20 Minutes from the Baltic Coast.
- ❑ Guided Hiking Tours
- ❑ Outdoor Activities
- ❑ Morning Stretches
- ❑ A Life Directions Workshop
- ❑ (1) One Hour Swedish Massage
- ❑ All organic and wild foods freshly prepared. All meals included.
- ❑ One Evening Meal at Frånö Hotel
- ❑ Transportation to and from the Airport.

We want you to relax, so you can choose what you want to do when you want to do it.

We can even assist you if you'd like to make your own excursions!

\*Airfare not included.

## I'm Interested!

Fill out this form and mail it back to us. We'll contact you and answer any questions you may have!

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Phone

\_\_\_\_\_  
E-mail

*All Major Credit Cards Accepted*

Wellness Retreats  
27 Crow's Nest Lane 11A  
Danbury, CT 06810

Phone: Lisa 203-942-9839  
Kevin 203-739-0035

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[kevin@yourlifestylefitness.com](mailto:kevin@yourlifestylefitness.com)