

Women's Total Health Retreat

March 2nd, 2003

9am - 4pm

The Moving Company Dance Center

Just \$59 for the day!

(if paid by Feb. 28, \$65 after Feb. 28)

Space is limited, register early!

▶ Treat yourself
to a day of Exploration,
Rejuvenation and Fun

▶ Take time to take care of yourself

How to register: Just call The Moving Company Dance Center 603-357-2100 or mail the attached registration form to The Moving Company Dance Center 76 Railroad Street, Keene, NH 034031

The Day Includes: up to 5 classes of your choice in fitness & weights, many forms of yoga, pilates, T'ai Chi based "Earth Dance," drumming, theater improvisation, Irish Dance, Hip Hop, journaling, belly dance and more.

Teachers Include: Guest artist Chi Potter, Meaghan Baird, Gretchen Carmel, Pamela Clough, Gail Connelly, Marty Hennum, Kristen Leach, Susan Levine, Josphine Russell, Taialofa Russell, Catherine Skove, Cindy Sterling,

Lunch and refreshments provided by "The Works".

Additional services are available, including: chair massage, paraffin hand dips, skin care and make up consulting.



The Moving Company Dance Center
603-357-2100

76 Railroad Street Keene NH 03431

Registration Form For Womens' Total Health Retreat

The Moving Company Dance Center 76 Railroad Street Keene NH 03431 603-357-2100

Name _____

Address (street) _____

(city) _____ (state) _____ (zip) _____

Telephone (H) _____ (W) _____ e-mail address _____

Emergency contact name and phone _____

Cost: \$59 per attendee if paid by Feb. 28, \$65 after Feb. 28

Method of Payment: cash check credit card Amount Paid _____

cc number _____ expiration _____ Signature _____

Choose your class selections on the reverse side...

Select your classes when you register. Space is limited.

Free coffee, bagels, lunch and snacks will be provided by Bagel Works.
Each class is 45 minutes. Enter 1st and 2nd choices for each time slot below.
Call 357-2100 or check our website www.moco.org for class descriptions.

Your Name _____

9:00-9:30am Check-in and Welcome & Orientation

Lunch 12:30-1:15

- | 9:45 | 10:45 | 11:45 | 1:30 | 2:30 |
|--|---|---|---|--|
| <input type="checkbox"/> Hip Hop | <input type="checkbox"/> Modern Dance, all ages | <input type="checkbox"/> T'ai Chi based Earth Dance | <input type="checkbox"/> Vietnamese Dance | <input type="checkbox"/> Belly Dancing |
| <input type="checkbox"/> Fitness/Weights | <input type="checkbox"/> Irish Dance | <input type="checkbox"/> Hip Hop | <input type="checkbox"/> Jazz | <input type="checkbox"/> Yoga with props |
| <input type="checkbox"/> Drumming | <input type="checkbox"/> Yoga for Fitness | <input type="checkbox"/> Theater Improvisation | <input type="checkbox"/> Journaling | <input type="checkbox"/> Pilates |
| <input type="checkbox"/> Yoga-all levels | <input type="checkbox"/> Are you Intuitive? | <input type="checkbox"/> Vigorous Yoga | <input type="checkbox"/> Pilates | <input type="checkbox"/> Trance Dance |

3:30-4:00 pm Meditation and Farewell

Call 357-2100 to arrange for individual sessions in pilates with Susan Levine, massage, skin care with Jannette Conlon, hand dips with Main Salon. There is a small fee for these services.