



## **A WOMAN'S BEACH RETREAT**

*SEPTEMBER 17 - 19, 2010*

Are you ready to take a break from the constant intrusion of high technology, such as; computers, Facebook, I-Pads, BlackBerries, twitter, etc.? How about joining a great group of women on a beach retreat where you can slow down, relax, and soothe your body, mind and spirit. You can listen to the sultry sounds of the ocean, feel gentle warm breezes off the bay, and smell the healing fragrance of fresh ocean air.

Learn how to increase your happiness with a happiness class, take uplifting walks on the beach, meditate mindfully, get creative through art therapy, practice gentle yoga, and expand your consciousness. The relaxed atmosphere will allow you to quiet your mind and open your heart from the time you arrive until the time you depart.

Your hosts, Kimberlee Maselli, Pat Connolly and Taralyn Farrell, have been leading memorable retreats for the past seven years at the Trinity Retreat Center on Emerald Isle, North Carolina.

The retreat begins on Friday, September 17, 2010 at 4 o'clock and ends on Sunday morning. The cost for a single occupancy room is \$275, and a shared double occupancy room is \$235. Rooms, while peaceful and clean, have no televisions or telephones. Food is not fancy, but is always plentiful and good. Art supplies will be provided, but bring your own yoga mat.

Spots go quickly, so, without delay, send \$75. to hold your reservation. The balance will be due no later than September 1, 2010. If you need to cancel, a full refund with the exception of the initial \$75 will be returned to you up until September 10, 2010. Send your reservation check to:

Pat Connolly  
109 Natchez Court  
Cary, NC 27519  
[pconnolly@nc.rr.com](mailto:pconnolly@nc.rr.com)

We are looking forward to another wonderful retreat!

Kimberlee Maselli - [www.KimberleeMaselli.com](http://www.KimberleeMaselli.com)  
Pat Connolly – [www.PatConnolly.org](http://www.PatConnolly.org)  
Taralyn Farrell - [www.interiorsbyfleurdelis.com](http://www.interiorsbyfleurdelis.com)

