

# 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, drumming, theater improvisation, Irish Dance, Hip Hop, journaling, belly dance and more.

**Teachers Include:** Guest teacher Marie Olmstead, 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: "Healing Touch", foot 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...

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**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](http://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"/> Thera Band Strength   | <input type="checkbox"/> Ballet for Poise & Strength | <input type="checkbox"/> Belly Dancing   |
| <input type="checkbox"/> Fitness/Weights | <input type="checkbox"/> Irish Dance            | <input type="checkbox"/> Jazz                  | <input type="checkbox"/> Sivinanda Yoga (Active)     | <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

Individual sessions (available for a donation to the scholarship fund) include wax hand dips with Main Salon, "Healing Touch" with Marie Olmstead, Skin Care & Make up consultation with Avon reps, and Foot Massages.