

RETRTreat YOURSELF 2011

Ladies, its 2011-What is in store for you? JANUARY 5-9TH



Retreat Yourself 2011 is designed for balance. What is balance for you? How do we balance our personal, professional, and physical lives?

Retreat Yourself is again creating a platform to visualize and focus our intentions with yoga, discussion and journaling. Then, we will set it all free on the mountain with skiing and snowboarding in beautiful Beaver Creek, Colorado.

“Achieving balance can be as simple as taking regular moments to connect with yourself, but sometimes our daily lives get too busy and that simple task becomes impossible.” – Amy Baker, Yoga Instructor



Our always inspiring instructor, Amy, will lead us to stop for a moment and observe the outward distractions. With a complete yoga practice, coupled with breath work, we can be moved into that place of complete stillness, requiring us to actually look inward.

Balancing our emotional selves throughout our personal and professional lives can be a challenge. Our life counselor/advisor, Linda Kenney, presents new and fresh perspectives on what holds us back, then gives us tools to drive us forward toward balance.



Your time spent on the hill with pros Kasha Rigby, Barrett Christy and Megan Pischke, along with Beaver Creek's top women instructors, will re-ignite your passion for skiing, snowboarding and nature.

Yoga will reconnect us with the natural world and help bring us back into harmony. It will restore that sense of balance for which we strive in our emotional, physical and professional lives. Retreat Yourself 2011 will balance your world, and perhaps rock it a little too!

Join us for ReTreat Yourself 2011 at The Osprey at Beaver Creek, A RockResort, for an inspiring and fun-filled experience. For more information call: 1 800-859-8242 or search facebook/Retreat Yourself.



“Balance is the underlying foundation of longevity in all things” - Anodea Judith

Beaver Creek. Not exactly roughing it.

