



Rejuvenation Retreat Weekend

May 16 - 17, 2009

9:30 AM Saturday until 3 PM Sunday
at Stone Forest Retreat in Cedaredge, CO

The Rejuvenation Retreat Weekend is an opportunity to revitalize and replenish yourself through a varied menu of holistic practices and personal time communing with nature in a beautiful and serene setting.

This Rejuvenation Retreat highlights Yoga, Tai Chi and NLP

Our Rejuvenation Retreats offer many healing practices leading to health, harmony and overall well-being. Our classes benefit both beginners and experienced practitioners and are conducted in a beautiful, quiet setting that supports the internal focus of these practices.

For \$195 (registration prior to April 24) or \$225 (thereafter) your weekend will include:

- *Onsite lodging in cabin-tents
 - *Healthy Meals
 - *Yoga with Sherry Truckey
 - *Tai Chi with David Koos, Ph.D.
 - *Neuro-Linguistic Programming (NLP)/Guided Imagery with Betsy Koos, LCSW
 - *Energy Balancing and Intuitive Healing with Dr. Pamela Corson, Chiropractor
 - *One private healing session of your choice of the above practices or other offered modalities, e.g., Therapeutic massage, Educational Kinesiology Balance, etc.
- Additional individual sessions are available on a fee basis.

Bed & Breakfast available 3 miles away in Cedaredge (information available)

To register: Send \$50 nonrefundable deposit, name, address, e-mail and phone # to:

David Koos, 15464 - 2525 Road; Cedaredge, CO 81413

You will receive a map and other details upon registration.

Call David or Betsy at: (970) 856-9656 for more information.

For future workshops and retreats go to:

www.stoneforetreat.com