

Rochelle Rice's

11th Annual Wellness Weekend
Thursday, July 31 - Sunday, August 3, 2008

and
Special Pre-Weekend Day
Wednesday, July 30, 2008

The Pre-Weekend Day: Wednesday, July 30, 2008. Includes housing for one night, dinner, breakfast, lunch, materials fee, movement sessions, Somatic Experience Training and Breathe & Eat. Designed for the woman who is in the action phase of change.

The Wellness Weekend: Thursday, July 31 - Sunday, August 3, 2008. Includes housing for three nights (double occupancy), all meals from dinner on Thursday, July 31st through lunch Sunday, August 3rd, all workshops, movement sessions and materials fee. Designed for all levels.

***Guest Services available - including acupuncture, massage and bodywork.**

Outdoor sports, games and much more!

The weekend is filled with laughter, fun and camaraderie.
Enjoy this unique opportunity to connect with nature.
Reconnect with you!

Fees:
Double Occupancy July 31 - August 3, 2008
\$525**

Add the Special Pre-Weekend Workshop
Wednesday, July 30, 2008 \$125!

*** Guest Services are not included in fees.**

****Fees do not include transportation.**



One of the key lifestyle components missing for women today is movement in daily life.

I address the physical needs of women through music, breath work and activity specific to their bodies.

Movement can ignite the women's experience and inspire integration into their daily lives.

Enhance your energy, stamina and quality of life!



Rochelle Rice, MA
President
In Fitness & In Health

Author
Real Fitness for Real Women: A Unique Workout Program for the Plus-Size Woman
(Warner 2001)

Creator
Rochelle Rice: Empowering Women Through Movement
Introduction to Fitness DVD



Rochelle Rice

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New York, NY 10016

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www.RochelleRice.com

Rochelle Rice's

11th Annual

Wellness

Weekend 2008

At

The Abode of the Message
New Lebanon, New York

Thursday, July 31 - Sunday,
August 3, 2008

Special Pre-Weekend Day
Wednesday, July 30, 2008

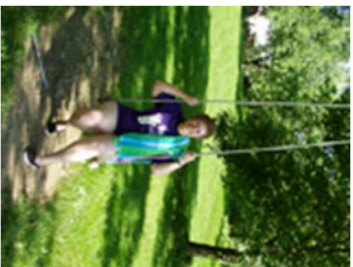
200 East 35th Street, Suite #2
New York, NY 10016
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Itinerary is subject to change

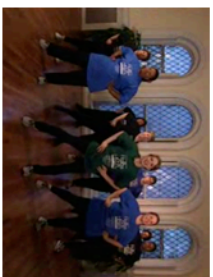
Rochelle Rice's 11th Annual Wellness Weekend 2008

The Abode is located in the historic Shaker village, nestled in prime forest and farmland at the base of Mount Lebanon, NY.

This rustic setting is sure to awaken your senses and bring you "home" to a sense of balance and purpose.
Return energized from the inside out.



- Step out of your daily routine and into a safe atmosphere designed for enjoyment.
- Relax your mind.
- Release toxic energy and thoughts.
- Rejuvenate your body with energizing activities.
- Reconnect with your inner and outer beauty.
- Reenergize through creative activities.
- Replenish your soul with thoughtful pauses.
- This is your time to embrace movement, create wonderful possibilities and appreciate blessings.



Rochelle Rice will take you through a series of specially designed routines that can boost your metabolism, lower your cholesterol and blood pressure and reduce stress.

You will feel empowered, not pressured.
You will be energized, not exhausted.
Rochelle's successful movement program is incorporated into the weekend events with easy-to-follow routines and effective motivational tools to take home.

Wellness Weekend Itinerary*

Wednesday July 30, 2008	Special Pre-Weekend Day
2:00pm	Arrival at The Abode
2:00 - 4:00pm	Unpack and settle in
4:30 - 5:30pm	Plates Plus (all levels)
6:00 - 7:00pm	Dinner
7:15 - 8:00pm	Orientation
8:00 - 9:30pm	Create Your Journey Part I
Thursday July 31, 2008	Special Pre-Weekend Day
7:00 - 7:45am	Yoga Plus (all levels)
8:00 - 9:00am	Breakfast
9:00 - 10:00am	Roundtable Discussion- Topic TBA
10:00 - 10:30am	Absolite Abs (all levels)
11:00am - 12:30pm	Outdoor Hike
12:30 - 1:30pm	Lunch
2:00 - 3:00pm	Create Your Journey Part II

Thursday July 31, 2008	Women Arrive for Wellness Weekend
2:00pm	Arrival at The Abode
2:00 - 4:00pm	Unpack and settle in
4:30 - 5:30pm	Plates Plus (all levels)
6:00 - 7:00pm	Dinner
7:30 - 9:00pm	Orientation

Friday August 1, 2008	
7:00 - 7:45am	Yoga Plus (all levels)
8:00 - 9:00am	Breakfast
9:00 - 10:00am	Roundtable Discussion - Topic TBA
10:00am - 10:30pm	Dance Aerobics
11:00am - 12:30pm	Outdoor Hike
12:30 - 1:30pm	Lunch - Breathe & Eat Introduction
2:00 - 3:30pm	Team Up! Outdoor Sports
5:00 - 6:00pm	Plates Plus (all levels)
6:00 - 7:00pm	Dinner - Breathe and Eat
8:00 - 9:30pm	S'Mores and more...

Saturday August 2, 2008	
7:00 - 7:45am	Yoga Plus (all levels)
8:00 - 9:00am	Breakfast
9:00 - 10:00am	Roundtable Discussion - Topic TBA
10:00 - 10:30am	Absolite Abs (all levels)
11:00 - 12:30pm	Workshop - The Magic of Creativity
12:30 - 1:30pm	Lunch - Breathe & Eat
2:00 - 3:30pm	Pond Sports
4:00pm	Free Time
5:00 - 6:00pm	Yoga Plus (all levels)
6:00 - 7:00pm	Dinner - Breathe and Eat
8:00 - 9:30pm	Band of Sisters
Sunday August 3, 2008	
7:00 - 7:45am	Core Success
8:00 - 9:00am	Breakfast - Breathe and Eat
9:00 - 10:30am	Group Closing - Outdoors
11:00 - 12:30am	Yoga Plus (all levels)
12:30 - 1:30pm	Lunch - Relax and enjoy!
2:00 - 3:00pm	Plates (all levels)
3:00pm	Head back home.

*Itinerary subject to change