

## The Fine Print.....

Note: **Rooms will be assigned on a first come, first serve basis** determined by receipt of full payment from **all persons** sharing the room. Some rooms have private baths, but go quickly. There are 10 baths available for 14 rooms.

**Early check in:** Please inform the innkeeper if you plan to arrive before 2 PM on May 17 by calling 216-970-4552. Check out on Sunday is also flexible with advanced notice

Meals include Friday snack, 2 hearty breakfasts, Saturday lunch and Saturday dinner. **An optional afternoon tea with soup is available late Friday afternoon for \$15.** Please note if you have special dietary needs.

**Cancellation Policy:** Full refund if cancelled before **April 1, 2013**. After this date a refund will be issued ONLY if the room is re-sold.

Bring: Your journal, pen, yoga mat & walking shoes  
**FINAL REGISTRATION DEADLINE: May 10, 2013**

Our location is **Idlewyld Bed and Breakfast** – the grand 19th century home of Innkeepers Joan and Dan Barris, filled with friendly atmosphere and timeless charm. There will be plenty of time to watch the world go by in a **comfy rocker** on the wrap-around porch. Located in the central shopping district. You can walk to Lake Erie in less than 2 minutes!

**Check out [www.idlewyldBB.com](http://www.idlewyldBB.com)**



**2013 Women's Retreat at  
Lakeside on Lake Erie**



**Let's Pause and Play!**  
**An Energy Makeover® Retreat for Women**

**May 17-19, 2012**  
**Idlewyld Bed & Breakfast**  
350 Walnut Ave.  
Lakeside, Ohio  
Details and Online Registration at  
[www.theIndigoConnection.com](http://www.theIndigoConnection.com)  
440-238-4731

**Energy Makeover  
May 17-19, 2013**

Escape to a MAGICAL PLACE to explore the ways that energy is woven into all aspects of your life experience. You will laugh, reflect, rest, heal, play and be accepted by your sisters as you share positive energy, natural beauty, creativity, connection and fabulous food. You will connect with extraordinary women who value **consciousness, health, success and personal evolution**

**Bonus Option**— arrive on Thurs. evening for an extra night and dutch treat dinner at **Mon Ami Winery. On Friday 9:30-3:00 be part of a pre-retreat seminar with Betsy Muller (Details coming later)** Don't forget to register for the fabulous **optional afternoon tea and soup welcome supper at 5 PM at Idlewyld B&B. Otherwise Friday dinner is on your own.** Retreat begins at 7PM.

**Friday May 17 – Idlewyld Dining Area**

7PM **Welcome & Opening Ceremony**  
Rev. Betsy Muller, MBA, CEHP, ACP-EFT

8PM **Anointing the Sacred Fire Within**  
Gloria O'Neil-Savage

**Saturday May 18 – Fountain Inn – Green Room**

7:00 AM Optional morning stretch and walk – Meet on Porch  
7:30 Breakfast is served – Idlewyld B&B  
8:30 Morning Circle – Green Room, Fountain Inn  
9:15 **Body Karma Healing Basics** (with Yoga)  
Julie Norman, RD RYT  
10:00 **Break**  
10:15 **Seeking the Divine Within**  
Roseann Heinrich, Angel Therapy Intuitive  
**Lunch Break** (pick up your lunches at Idlewyld)  
**FREE TIME: Nap, Play, Explore or schedule a healing session**  
6:00 **Dinner and Clean-up**  
7:15 **Evening Circle and Group Photo**— Green Room  
7:30 **Evening Program – Open Your Voice**  
Women Sing the Blues – Experiments with the Throat Chakra  
9:30 **Wine, snacks and social Time** – Idlewyld B&B  
BYOB for sharing. Maybe a chick flick too???

**Sunday May 19**

7:30AM Morning Stretch/Walk – Meet on the porch  
8:00-8:50 Breakfast at your leisure - Idlewyld B&B  
9:00 **Morning Circle**  
9:30 **Fun with Watercolor**  
Bobbie Dorr, award-winning artist and teacher  
11:30 AM **Closing Activity** –Reflections on the Weekend  
1:00 PM: *Retreat Concludes. Complete Feedback forms. Feel free to plan a late check out. Save the date for next year!*

**Registration Form**

Name \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Zip: \_\_\_\_\_

Indigo Connection Member? Y/N E-mail for confirmation: \_\_\_\_\_

Please circle desired selections - your reservation will be confirmed by e-mail

|                  | <b>Early Bird (pd before 3.1.13)</b> |            | <b>Regular Rate(after 3.1.13)</b> |            |
|------------------|--------------------------------------|------------|-----------------------------------|------------|
|                  | Member                               | Non-Member | Member                            | Non-Member |
| Single           | \$ 445                               | \$ 469     | \$ 549                            | \$ 569     |
| Double           | \$ 375                               | \$ 395     | \$ 479                            | \$ 499     |
| Retreat w/o room | \$ 269                               | \$ 289     | \$ 329                            | \$ 349     |

**Optional ADD ONS**

Friday 5PM Welcome TEA -appetizer, fruit, salad, soup and dessert \_\_\_\$15

Arrive EARLY - Stay Thursday Night (includes Friday Breakfast too)

|                          |       |
|--------------------------|-------|
| Single with private bath | \$125 |
| Single with shared bath  | \$105 |
| Double with private bath | \$ 79 |
| Double with Shared bath  | \$ 59 |

To register or pay your balance by credit card, please call 440-238-4731

Please list names of roommates below, if applicable (if you are open to having a roommate, we will help to match you with someone.)

\_\_\_\_\_

**Please list dietary restrictions we should be aware of?**

**Register Online: Send email to [betsy@theindigoconnection.com](mailto:betsy@theindigoconnection.com) for your link or go to May 17 on the Events Calendar**

**Rooms will be assigned on a first come, first serve basis. Full payment must be received by ALL parties sharing the room to finalize the reservation. **Payment in full is required to complete reservation**** Reservations DEADLINE May 10