

Essentrics[®] Spring Fitness Retreat

Saturday & Sunday, April 1st & 2nd, 2017 at Water's Edge Inn & Resort in Westbrook, CT.

REGISTRATION FORM

Please fill out this registration form: **Retreat Seminar & Classes Cost: \$50** (until 2/20/17) *after 2/20 the cost is: \$65 (Must be postmarked by 2/20). Lodging is not included.*

Name: _____

Address: _____

Email: _____

Phone: _____

Check if you are interested in "live" classes near you.

Check if you are interested in becoming a certified instructor.

Check made payable to: EssentricsWithDyan

Please remember to reserve your room by 2/20 to receive discounted rate of \$149.00 per night. For hotel reservations please call: 800-222-5901

PLEASE CHECK ALL THAT YOU ARE REGISTERING FOR

- Friday, March 31st Evening Dinner at hotel 6:30pm
Dinner *(not included in registration price.)*
- Saturday, April 1st Free Continental Breakfast 8:30am – 9am (In seminar room)
- Saturday, April 1st Aging Backwards Seminar 9am - 9:45am
- Saturday, April 1st Essentrics Class 10am - 11:30am
- Sunday, April 2nd Essentrics Class 9:30am - 10:30am

Please print this form,
fill out and mail with your check to: **EssentricsWithDyan**
673 Old Stratfield Road
Fairfield, CT 06825