

DMC SPECIAL RENTALS FOR WELLNESS WEEKEND March 20-22, 2015

Wellness Weekend Schedule:

Friday 3-20

7 pm Welcome/Intros, God Dilemma & Thoughts on Spirituality (David)

8 pm Usui Reiki Class (David) Love Offering

9 pm AA fireside sharing meeting

Saturday 3-21

9 am Meditation Class (Bro ChiSing) Love Offering

11 am Therapeutic Yoga for Individuals and Couples (Tzivia) Bring pillows & blanket to class suggested donation \$15 per person/\$20 couple

1pm Intro to Massage & BodyWork (\$1 per min rate) *

- Chair Massage (David) 10 or 20min
- Massage (Tzivia & Claude) 30 or 60min
- BodyWork (Bo & Shawn) 60min

(*Set appts for individual sessions)

5 pm Healthy Living Diet No More (David) Love Offering

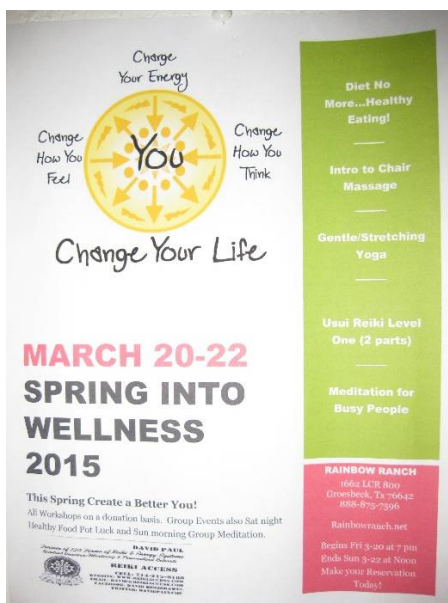
7 pm Healthy Eating Potluck Dinner & Social

9 pm AA fireside sharing meeting

Sunday 3-22

9 am Usui Reiki part two class (David) Love Offering

11 am Group Meditation/noon departure



\$50 Per Night for 2 People

Ranch House:

2800 square feet,

5 Bedrooms,

2 Restrooms,

Large Kitchen,

Fireplace

sleeps 14

\$50 per night for 2 people in Bedroom

Central Heat & AC

Linens, pillows, dishes & cooking utensils are not provided.

Call David at 214-215-8188 for Reservations.

Location:

Rainbow Ranch

1662 LCR 800

Groesbeck, TX 76642