

GETAWAY, GET *fit*

Weight Loss Retreat at Spa Eastman September 20th – 27th 2014

About the retreat

Nestled in the Adirondack Mountains, this rustic spa features beautiful facilities in a cozy French atmosphere. Enjoy 2 hours of classes and education. Under the daily supervision of a naturopath/nurse you will be given evaluations and consultations as well as a personalized diet, which, will be served to you in the dining room. Two eye-opening and inspiring lectures on weight loss will be given and are sure to be a highlight of the week; one by Miranda Esmonde-White and another by a renounced physicist, Ilona Dowgillo.

Price

- Single occupancy – \$2725
- Double Occupancy- \$2425 per person
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Superior Room with Fire Place

- Single occupancy – \$3595
- Double Occupancy- \$3055 per person

5% gst and 9.975% qst taxes are included

Not included in package: Transportation to and from the Spa and Spa treatments (massage, facial, etc...)

Receive 10% discount if you spend \$500+ on Spa treatments

Package includes:

- 3 personalized meals of fine spa cuisine and healthy snacks each day
- 2 hours of Classical Stretch classes per day
- 2 private consultations with the Naturopath/Nurse at the beginning and halfway through your stay
- Urine analysis to determine stress level, toxicity and acidity in the body
- Personalized diet advice
- Daily group meetings with the nurse/naturopath
- Conference given by Physicist Ilona Dowgillo regarding the science of weight
- Weight loss workshop given by Miranda Esmonde-White
- Access to daily guided walks with a kinesiologist
- Access the gym, the pools, the hammam (steam bath) and our outdoor natural swimming pond dedicated to thermotherapy

Spa Eastman

895, chemin des Diligences
Eastman (Quebec), Canada
J0E 1P0

Weight Loss Retreat at Spa Eastman September 20th-27th 2014

Please Mail Fax or Email your booking form and payment to:
The Esmonde Technique 3437 Stanley, suite 100, Montreal Qc, Canada H3A 1S2
or fax: 1-866-576-3128 or at retreats@classicalstretch.com

Personal Information

Name:

Address:

City:

Prov. / state:

Country:

Postal / zip code:

Telephone day:

Evening:

Email:

Age bracket 20-35 36-50 51-65 65+

Please mention any relevant medical history (eg. heart or respiratory problems, blood pressure, arthritis, back or neck problems, pregnancy, any serious injuries in the past - whether fully healed or not etc).

Other Participant Name:

Age bracket 20-35 36-50 51-65 65+

Please mention any relevant medical history (eg. heart or respiratory problems, blood pressure, arthritis, back or neck problems, pregnancy, any serious injuries in the past - whether fully healed or not etc).

Payment

Payment method: Visa MasterCard Check – Please send initial deposit and postdated check

Credit card #:

Name on credit card: _____ Expiration: _____ CSC #: 3 Digit Card Security Code _____

Billing address if different:

City: _____ Prov. / state: _____ Country: _____ Postal / zip code: _____

Signature: _____

I hereby authorize The Esmonde Technique to charge the above credit card in the amount of:

Single Occupancy

- \$2725 regular room
- \$3595 Superior room with fire place

Double Occupancy

- 2425 per person regular room
- \$3055 pp Superior room with fire place

A deposit of half the amount owed will be charged upon reception of this registration form and the remaining balance will be charged on August 1st 2014.

Disclaimer and other policies

I understand that I participate in all classes entirely at my own risk and any loss, damage; injury or any other mishap will not be the responsibility of the class organizer or teacher. (If you are in doubt as to the suitability of the class to your medical condition, please consult your doctor).

Cancellation Policy

You can cancel up to 2 weeks prior to the event and get a refund minus a - 150\$ administrative fee per person.

You are responsible for booking your own flights and transportation to and from the Spa. We therefore recommend that you request cancellation insurance when booking your flights.

In the very unlikely event that a retreat is cancelled (ex. due to illness), we will give a full refund of payment.

Signature: _____

Date: _____

This retreat is offered by Classical Stretch - The Esmonde Technique | 3437 Stanley, Suite 100 Montreal, Qc H3A 1S2
retreats@classicalstretch.com | www.classicalstretch.com | Tel: 514-989-0236