



READY FOR A DAY OFF?

Get Away Day Retreat

A complete one-day away retreat for busy women who need a day off.

SATURDAY MAY 18, 2019
9AM-5PM
WENTHWORTH BY THE SEA
NEW CASTLE, NH

We know it's a project to take a day off.
This retreat is designed to give you that feeling of treating yourself, so that you can come home refreshed.

The Perfect Mother's Day Gift!



Treat Yourself!

STEP OUT OF YOUR ROUTINE FOR A DAY FULL OF SMILES AND BLISS

This retreat is the day off you have been waiting for.

Retreat Package Includes:

- SPA Inspired Breakfast
- Lunch and Snacks
- Intentions and Bracelets Workshop
- Enhance Your Well-being with Essential Oils
 - SPA Yoga[®] Class
- Gift bag with lovely items to bring home

YOUR ULTIMATE DAY OFF - \$195

TO SIGN UP VISIT

[HTTPS://ULRIKASULLIVAN.COM/GET-AWAY-DAY-RETREAT](https://ulrikasullivan.com/get-away-day-retreat)

**FOR QUESTIONS CALL ULRIKA AT 978-760-2043 OR
SHAGUFTA AT 617-462-6245, OR EMAIL
URLIKA@ULRIKASULLIVAN.COM.**

The Perfect Mother's Day Gift!

Treat Yourself some MORE!!

OPTIONAL AND AT OWN COST

Stay overnight Friday May 17 and enjoy the following:

- Friday afternoon SPA treatments at
The Spa at the Wentworth
- Friday night Casual Dinner at Latitudes Restaurant
- Saturday morning Early Yoga Practice (7am-8am FREE)

**FOR MORE INFORMATION HOW TO MAKE RESERVATIONS
FOR THE OPTIONAL FRIDAY**

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*The Perfect Mother's Day
Gift!*