

Live your best life now!

May 21-23, 2010

A Retreat for Women

Facilitators: Umo Udo, M.A., M.Div. CPCC &
Teena Dietz, founder & CEO Intentional Serenity, E.D.: Awesome Women

In this experiential weekend retreat you will:

- *Learn the secrets of living your best life now!
- *Be inspired to live life fully!
- *Rediscover your inner passions and motivations.
- *Learn formally and informally from an amazing group of women.
- *Have fun, leave renewed and recharged!

Name: _____

Address: _____

Home Phone: _____

Cell: _____

Email: _____

Emergency Contact

Name: _____

Address: _____

Phone: _____

Checks payable to: Umo Udo
Return form with payment to:
Umo Udo
14895 Easter Ave. Apple Valley, MN 55124

Information will be sent to you upon
registration!

For more information please call: 612-414-9539
Email: umo.udo@leaderoptions.com

Retreat will be held at
Villa Maria Retreat Center
29847 County 2 Blvd
Frontenac MN 55026
Ph: 866-244-4582

SPECIAL OFFER

The First 5 registrants will receive
two sessions of personal coaching
after the retreat. This is a \$200.00
value plus an early bird discount.
Early Bird registration deadline:
March 31st

**Early Bird Registration:
by 3/31 \$350.00**

**Regular Registration:
\$375.00**

Each person

**The fee covers: retreat ex-
perience, accommoda-
tions, linens, meals, and
refreshments.**