



# Life ENHANCEMENT

A Bald Head Island Limited Workshop Series

## LATE SUMMER 2010

### AUGUST

#### WEEKLY EVENTS

*Tuesdays*

#### 10-11 a.m. Yoga

Presented by Island Retreat Spa and Salon. A gentle, basic yoga class. Classes held at Merchant's Row 6C. 454-0333.

#### 11:15-12:15 Guided Relaxation and Meditation

Presented by Island Retreat Spa and Salon. Take time out for deep relaxation. Hypnosis session offered by Master Hypnotist. Classes held at Merchant's Row 6C. 454-0333.

*Thursdays*

#### 10-11 a.m. Yoga

Presented by Island Retreat Spa and Salon. A gentle, basic yoga class. Classes held at Merchant's Row 6C. 454-0333.

#### SPECIAL EVENTS

*Wednesday, August 11*

#### 9-11 am. The Island as Muse

Presented by Woods Gallery. Seek the muses on Bald Head Island with professional writer and editor Jason Frye. Through guided practice and discussion, discover ways to tap into your creative side with vivid writing and captivating descriptions. All levels welcome. Class held at Merchant's Row 6C. 454-4892.

*Wednesday, August 18 – Thursday, August 19*

#### Sun Salutation, Tibetan & Kundalini Yoga Workshops

Presented by Island Retreat Spa and Salon. Take time to boost your health, sharpen your yoga practice or introduce yourself to yoga. All levels are welcome to explore these ancient practices. Sign up for all workshops or individual workshops. Cost is \$50 for each class or \$175 for all four classes. Classes held at Merchant's Row 6C. You may bring your own mat or mats will be provided. It is recommended you bring two towels with you to practice. Register by August 16.

*Wednesday, August 25*

#### 3-5 p.m. Aromatherapy

Presented by Island Retreat Spa and Salon. Eva Vontz of Down to Earth Oils, Wilmington, NC, has been working with and teaching the art of aromatherapy for over 20 years and brings her expertise and a sampling of her custom designed products to us on Bald Head Island. In this special class you will learn the uses of many oils and create your own special scent to take home with you. Class held at Merchant's Row 6C. 454-0333.

*Tuesday, August 24 - Friday, August 27*

#### 3-4 p.m. Weight Loss Management through Hypnosis

Presented by Island Retreat Spa and Salon. Join Master Hypnotist, Andrea Pitera, for a weight loss series using guided relaxation to retrain the mind to create new and healthy relationships with food, exercise and body image. 454-0333.

*Thursday, August 26*

#### 9 a.m.-1 p.m. Feel Good About Yourself "Nekked"

Presented by Island Retreat Spa and Salon. Join accomplished speaker and facilitator, Jody Butler of Prin Femei. A healthy body image is not always linked to appearance. Physical, spiritual and emotional balance leads to a positive and healthy body image. This interactive workshop is designed to help individuals improve through positive self images and a strong sense of identity. Designed for youths and adults of all ages. Workshop registration fee includes spa services. Class held at the Shoals Club Pavilion. Registration required by August 23. 454-0333.

### SEPTEMBER

#### WEEKLY EVENTS

*Tuesdays*

#### 10-11 a.m. Yoga

Presented by Island Retreat Spa and Salon. A gentle, basic yoga class. Classes held at Merchant's Row 6C. 454-0333.

#### 11:15-12:15 Guided Relaxation and Meditation

Presented by Island Retreat Spa and Salon. Take time out for deep relaxation. Hypnosis session offered by Master Hypnotist. Classes held at Merchant's Row 6C. 454-0333.

*Thursdays*

#### 10-11 a.m. Yoga

Presented by Island Retreat Spa and Salon. A gentle, basic yoga class. Classes held at Merchant's Row 6C. 454-0333.

#### SPECIAL EVENTS

*Thursday, September 2*

#### 9 a.m.-1 p.m. Feel Good About Yourself "Nekked"

Presented by Island Retreat Spa and Salon. Join accomplished speaker and facilitator, Jody Butler of Prin Femei. A healthy body image is not always linked to appearance. Physical, spiritual and emotional balance leads to a positive and healthy body image. This interactive workshop is designed to help individuals improve through positive self image and a strong sense of identity. Designed for youths and adults of all ages. Workshop registration fee includes spa services. Class held at the Shoals Club Pavilion. Registration required by August 23. 454-0333.

*Sunday, September 12 - Thursday, September 16*

#### Full Wellness Immersion Program for Weight Loss & Management

Presented by the BHI Center for Wellness.\* A combination of nutrition, exercise and behavioral health instruction designed to improve your overall health and well-being. An all inclusive program including workshops, meals and snacks, and one-on-one counseling with licensed professionals. Class locations vary by day. 919-367-0677.

*Saturday, September 18*

#### 10 a.m.-12 p.m. Reflexology Workshop

Presented by Island Retreat Spa and Salon. Join certified reflexologist and instructor Monique Mueller of Porter's Neck Yoga and Spa as she guides you through the techniques of reflexology. Reflexology can be used to create balance, ease and harmony in the body. During this workshop you will also blend a personalized massage oil. Class held at Merchant's Row 6C. Register by September 13. 454-0333.

**Pre-registration is required for all events. Workshop offerings are updated on a regular basis. Please visit our Web site often at [www.bhilifeworkshops.com](http://www.bhilifeworkshops.com), contact us or see individual flyers for each event for details.**

\*Bald Head Island Limited and its associates are not affiliated with the Bald Head Island Center for Wellness, LLC.



**BALD HEAD ISLAND LIMITED**

*The Island Professionals<sup>SM</sup>*