

Celebrating our 19th Year.  
Join Us

Join us for a Zen week at the beach filled with yoga, tai chi, a stroll on the beach & holistic classes.

Come join us for a time for sharing, healing and uplifting your spiritual, mental & physical self.

Enjoy sunshine, summer breezes and ocean waves... shared holistic approaches and classes... friendship, social events and networking... love, laughter and much relaxation.

During this week long retreat, experience:

- Holistic Workshops & Lectures
- Social Events & Gatherings
- Arrange/Trade—Massages & Energy Work
- Community Suppers—Breakfast Provided
- Variety of services and products

Have products or services you would like to advertise? We'd love to share your information with our group.

Lighten the Load and Feed the Soul

Daily Rate Available



September 19 - 26, 2009  
Gulf Shores, Alabama



## Sand Sea and Spirit 2009 A Health and Energy Awareness Retreat

Phoenix V, 24400 Perdido Beach Blvd. Orange Beach, AL.

Experience  
the Ultimate Feeling of  
Vitality and Well Being.

*It's more than "Just a vacation."*

In Honor of Our Founders—

*Joe and Dottie Asselin*

Join Joe, Dottie and the rest of the  
Sand Sea and Spirit community  
for a week you will never forget.

Visit [www.SandSeaAndSpirit.net](http://www.SandSeaAndSpirit.net)

for complete details

2010 Sand Sea & Spirit Retreat -  
September 11- 18, 2010

Holistic Classes

Sand Sea and Spirit Classes are presented by a host of Nationally recognized speakers.

A sampling of presentations for this year:

Auras and Today's Energy - *Dottie Asselin*  
Alternative Health Awareness - *Clara Bayer*  
Anya Naturals - *Elizabeth Whitson*  
Awakening the People of Peace - *Cathy Frazier*  
Change without Challenge - *Stacey McNamara & Christy Snow*

Choosing the Right Massage Therapist - *Michael Queck*  
Conflict Revolution - *Cathy Kline*  
The Divine Love Workshop - *Dominic Mogavero & Cyndie Lepori*

Dolphin Play shop - *Cyndie Lepori*  
Dream Interpretations - *Catharine Nimon*  
EFT - Tapping for Mental Health - *Lynn Klimo, M.D.*  
Feng Shui - *Carolyn Redinger*  
Going Deeper into Purpose and Passion - *Christy Snow*  
Labyrinths - *Dale Sparlin*

The Labyrinth: A Journey of Discovery - *Nettie Morse and Dale Sparlin*

Learn how to Spin Fire (Poi) - *Forged by Fire*  
Living the Life You Love - *Patty Henderson*  
Native American Social Song - *Mark "Thunderbird" Henry*  
Sacred Sound - *Doe Hart*

Slow Down and Relax - *Antonio Merlo*  
Soul Play - *Susie & Otto Collins*  
Tai Chi Poolside- *George Faithful*  
Tai Chi Chuan on the Beach - *Mike Frazier*  
2012 - the End or a New Beginning? - *Karen Rollins*  
Yoga - *Carolyn Hall*

Zero Point Therapy - *Jean Waibel*  
Zero Point Field - *Joe Asselin*

And many more.....

Interested in participating or more information?

[Karen Rollins - 337.794.0062](tel:337.794.0062)  
[Antonio Merlo - 201.952.4834](tel:201.952.4834)  
[Cathy Kline - 614.296.8292](tel:614.296.8292)



## Contacts

**WWW.SANDSEAANDSPIRIT.NET**

Website for the latest information

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## Staying at Phoenix V

Make Reservations at  
our special discounted prices

directly with [www.brettrobinson.com](http://www.brettrobinson.com). Phoenix V  
or by phone 800-221-0258. Pick your condo,  
your roommates and make your own  
reservations.

## Entertainment and Evening Events

Joining us this year:

**Jack Fowler**—Entertaining us with his music  
and stories

**Christy Snow**—Musician and Inspirational  
Speaker

**Doe Hart**—Singing, Toning and Bowls

**Forged by Fire**—Fire Spinning

Local Musicians - **Les Linton and T K** for our  
Friday night dance

and more.....

Entertainment is provided every evening;  
highlights include:



WEDNESDAY EVENING -  
**MASQUERADE BALL**

THURSDAY NIGHT -  
**A CEREMONY OF  
SOUND**



FRIDAY EVENING -  
**DANCE—MUSIC BY  
LES LINTON AND T K**

## Local Rates

Celebrating our 19th  
year here at Orange Beach/  
Gulf Shores, we invite you to join us.

*Options abound for learning more about  
Sand Sea and Spirit -*

We invite you to experience a single workshop  
as our guest. Schedule outline is attached;  
details on classes, along with facilitator bios  
are available on the Sand Sea and Spirit  
website. A complete, downloadable brochure  
is online also.

Local Attendance - \$50 each day includes all  
events, entertainment, breakfast and  
participating in a Community Supper. Friday  
night's meal is catered.

We share a Community Supper each evening  
and ask you to contribute a favorite dish, if  
you desire. Kitchen facilities are near the  
registration (small conference room) for  
storage.

Credit card payments accepted through PayPal  
on the Sand Sea & Spirit Website.

Cash or check accepted at registration.

