

*Celebrating our 20th Year.
What's included in the Retreat?*

Join us
for the week or for a
day and experience a time filled
with health and wellness for
body, mind and spirit.

All under one roof.

What is included in your week long retreat?

Daily activities - such as T'ai Chi, Toning, Yoga,
Dancing, Meditations, Fun in the Sun Activities,
Labyrinths, and much more....

Free Classes and Workshops

Nightly entertainment

Meet nationally known speakers, facilitators,
alternative health practitioners, and lots of fun
people.

Schedule services with a variety of practitioners.

Vendors with hand crafted, unique and eclectic
products.

Meals - Breakfast Monday through Saturday,
Buffet Supper Sunday and Friday. Participate in
Community Suppers Monday through Thursday.

Relax and enjoy the company of **like minded spirits.**

Lighten the Load and Feed the Soul



Closing Ceremony 2009



Sand Sea and Spirit

A Health and Energy Awareness Retreat

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

Orange Beach/Gulf Shores, AL

September 11-18, 2010

Experience
the Ultimate Feeling of
Vitality and Well Being.

*Energies of health and awareness
for self and global community.*

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.

www.SandSeaAndSpirit.net

for complete details

Offer Your Services and Products

During Sand
Sea and Spirit, our
vendors and practitioners
are welcomed to share their
products and services.

Our gathering includes many nationally
recognized talents - ranging from various forms
of energetic healthcare, personalized teaching,
life coaching, artisans and more....

Share your talents while at the Retreat. Visit the
website or contact Karen for additional information.

Entertainment

FEATURING

JACK FOWLER and CHRISTY SNOW

Entertainment is provided every evening.

highlights include:

SUNDAY NIGHT -

DANCE -

LIVE MUSIC BY LES LINTON



WEDNESDAY EVENING -

COSTUME PARTY

FRIDAY NIGHT -

CEREMONY OF SOUND

INDOOR POOL CONCERT



Fire Spinning

Drumming
and more....



Please cut on the dotted line and mail this Registration form to:
Sand Sea and Spirit, P.O. Box 21333, Columbus, Ohio 43221

Sand Sea and Spirit 2010 Registration ~Gulf Shores/Orange Beach, Alabama ~September 11-18, 2010

Participation Fees \$250 or \$50 per day (Discount for early registration)

Register before August 31, 2010 - \$225 of which \$25 is donated to community. Daily Fees - \$45 per day
Register online www.SandSeaAndSpirit.net and pay with PayPal. Checks and money orders also accepted.

Name _____ Phone - Home/Cell _____

Email _____

Street Address _____

City, State, Zip _____ Your Phoenix V Condo Number _____

Contact Us

www.SandSeaAndSpirit.net

Website for the latest information

Karen Rollins

President

Karen@SandSeaAndSpirit.net

337.794.0062

Diana McClellan

Promotions Coordinator

information@SandSeaAndSpirit.net

Beth Brooks

Advertising Coordinator

advertising@SandSeaAndSpirit.net

Join our Facebook Page -
be a Fan of Sand Sea and Spirit.

Join the SSS mailing list
on the SSS Website



*Sand Sea and Spirit practices and
promotes Eco-Responsibility.*

Want to experience a full week of the 2009
Retreat? Downloadable Program and Photos
available on the Sand Sea and Spirit Website.



Holistic Classes

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

A sampling for this year:

Dottie Asselin - Who Are You?

Becky Drouillard & Nicole Kesterson - Accessorizing The
Soul..."What's in your spiritual tool belt?"

Beth Brooks & Karen Rollins - Cellular Harmonics

Christy Snow - Spiritual Inspiration

Carolyn Hall - Yoga

Clara Bayer

Dale Sparlin - Labyrinths and Dousing

Dale and Lauren Smithandrews - Energize Yourself

Diana McClellan - Ho'Oponopono

Dominic Mogavero & Cyndie Lepori

Forged by Fire - Learn how to Spin Fire (Poi)

Karen Rollins - 2012 - the End or a New Beginning

Kathy Miles - Ear Candling

Larry Pahl - Beating Cancer through Nutrition

Linda Grimes - Let Your Star Light Shine

Mary Maynard

Michael Frazier - Sunrise Tai Chi on the Beach

Stacey McNamara - Dance Workshop

Mark "Thunderbird" Henry - Shamanic Journey

Mark "Thunderbird" Henry - Daily Qigong

Interested in sharing your wisdom?

Volunteer to present a holistic class or related topic.
Each day approximately ten discussions (50 minutes
each) are offered to our retreat participants.

This is a great opportunity to expand your local and
national presence.

Opportunities for free advertising in our welcome bags
each participant receives, in addition to our website.

Other advertising options available for our color program.

Interested in participating or more information?

Karen Rollins - 337.794.0062

www.SandSeaAndSpirit.net

Condo Reservation

Ready to reserve your condo?

Pick your condo, your roommates, and make
your reservation directly with Brett Robinson

at www.brettrobinson.com
or by phone 800.221.0258

Provide group number 1242618 to receive special
pricing. One, two and three bedroom condos are
available.

Pricing for Sept. 11-18 (7 nights) ranges from
\$754 to \$1104.

Discounted rates for 10 day and monthly rentals
also.

Registration Fee

Each
Sand, Sea and Spirit
participant pays a registration
fee, separate from condo reservations.

This covers all workshops, events, entertainment
and select meals. Registration fee for full week is
\$250; register before August 1st and receive a
\$25 discount. Daily rate of \$50 also available.

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

Check payments mailed to: Sand Sea and Spirit,
P O Box 21333, Columbus, Ohio 43221.

Fees may be paid by Credit/Debit Card through www.sandseandspirit.net
send check to Sand Sea and Spirit at the address listed on reverse.

Let us know if you would like to volunteer in any of the following:

Presentation/Workshop _____ Support Staff/Helper/Setup _____ Breakfast Staff _____

Potluck Staff/Provide Dish for Potluck Nights _____ Scholarship Donation _____ Entertainment _____

Advertise in SSS booklet _____

Call Karen at 337-794-0062 or email Karen@SandSeaAndSpirit.net with any questions or requests.

Are you a member of Facebook? Keep up-to-date with all the latest updates by joining the

Sand Sea and Spirit Facebook Fan Page.

Sign up for Mailing List and see all the latest information at www.SandSeaAndSpirit.net