

# REFLECT RELAX REJUVENATE RE-DEFINE

Saturday, February 7 and Sunday, February 8, 2004  
8:30 – 4:00 pm  
Talisman Centre

## **Your \$100 Registration fee includes:**

1 healthy lunch each day  
water, tea and coffee  
Yoga class  
Fitness assessment  
Workshops  
All proceeds to KidSport, a children's charity  
Bonus: A personal journal

***I'm ready to***  
*REFLECT, RELAX, REJUVENATE and RE-DEFINE myself*

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/Prov: \_\_\_\_\_  
Postal Code: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

Please complete this form and mail it along with your cheque or money order valued at \$100 made payable to;

Chambers Salmon Farstad Consulting  
PO Box 27051  
Tuscany RPO  
Calgary, AB T3L 2Y1

(Refunds will be made upon 30 days notice of cancellation, \$10 service charge will apply)

Contact Us:

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