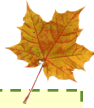


## Retreat Schedule...



Thursday Nov 6	4pm - 6pm 6pm - 8pm 8pm - 9pm	Arrive at the Grand Fir Lodge Dinner on your own (1) Welcoming ceremony / meditation
Friday Nov 7	8:30am - 9:30am 10:30am - 12:30pm 12:30pm - 1:30pm 1:30pm - 4pm 5pm - 6pm 6pm - 8pm	Breakfast (2) Yoga / Pranayama Lunch (2) Hike / Outdoors Yoga wind down Dinner on your own (1)
Saturday Nov 8	8:30am - 9:30am 10:30am - 12:30pm 12:30pm - 1:30pm 1:30pm - 4pm 5pm - 6pm 6pm - 8pm	Breakfast (2) Yoga / Pranayama Lunch (2) Hike / Outdoors Yoga wind down Dinner on your own (1)
Sunday Nov 9	8am - 9am 11am	Breakfast (2) Check-out

(1) Prepare your own Dinner in Grand Fir's gourmet kitchen or go out to Dinner at Portals at the Suncadia Lodge, Hoist House at the Winery or other area Restaurants. Snacks will also be provided.

(2) Group Meals are included in the cost of the retreat.

(3) Free Time Ideas: Walks, Bike Riding, Winery Tour, Spa Visit, Hot Tub, Visit Roslyn, or just relax at the Grand Fir Lodge.

## Retreat Pricing...

Room / Bed	Price
Bunkhouse Top Bunk	\$350
Bunkhouse Bottom Bunk	sold
Bunkhouse Twin	\$350
Bunkhouse Trundle 1	\$350
Bunkhouse Queen	\$410
Bunkhouse Trundle 2	\$350
Fairway Room Twin	\$385
Fairway Room Trundle	\$350
Fairway Room Bottom Bunk	sold
Fairway Room Top Bunk	\$350
Studio Daybed	sold
Studio Trundle	sold
Studio Queen	sold
2nd Floor Suite Queen	sold
Master Bedroom	used by staff

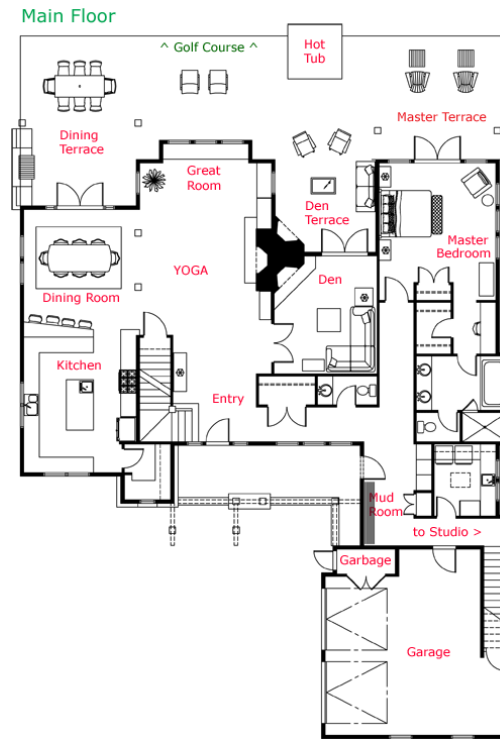
### Reservation Details:

- Best efforts will be made to process reservation requests on a first-come first-served basis.
- Booking is not established until payment received.
- **Cancellations are only allowed if a waiting list is present for the room / bed selection previously reserved.**

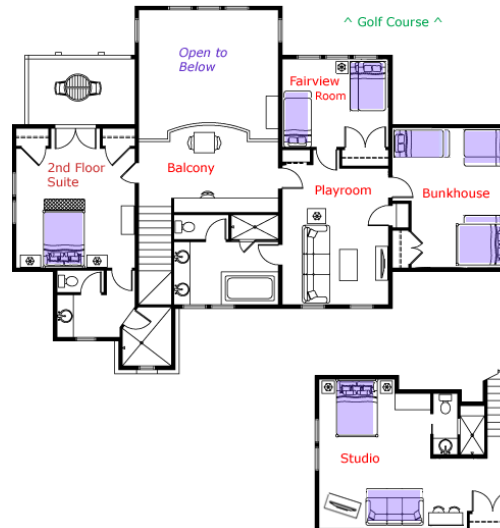
Please Note:  
**No pets allowed at the Grand Fir Lodge**

To view current availability for the retreat - please visit:  
[www.grandfir lodge.com](http://www.grandfir lodge.com) / [retreats / 141106-bhc](http://retreats / 141106-bhc)  
or contact Ballard Health Club at [events@ballardhealthclub.com](mailto:events@ballardhealthclub.com)

## Floor Plan of the Grand Fir Lodge...



### Upper Floors



[www.grandfir lodge.com](http://www.grandfir lodge.com)

**BALLARD  
HEALTH CLUB**

presents:

Strength and Wellness  
at  
**Suncadia**



Your hosts:

Aeron Hansen and Karen Gamble



November 6th thru 9th, 2014  
at the Grand Fir Lodge in Suncadia



[www.grandfir lodge.com](http://www.grandfir lodge.com)

## About Suncadia...

### Size

Suncadia Resort is a 6,400 acre luxury all season Washington State mountain resort, adjoining the Cle Elum River corridor with 1,200 acres of pristine forest, adjacent to the 2.2 million acre Wenatchee National Forest.

### Location

Suncadia Resort, located 80 miles east of Seattle, offers a mountain resort experience on the sunny eastern slopes of the Cascade Mountains.



### Suncadia Center

The Lodge at Suncadia, a full-service 253 unit luxury condominium lodge hotel and conference center overlooking the Cle Elum River.

- Casual and Fine Dining:
  - Portals Restaurant
  - 56 Degrees Bar
  - Coal House Caffe
  - Hoist House at the Winery
- Glade Spring Spa, world-class destination spa includes 14 treatment rooms and outdoor salt soaks

### Community

With 3200 residential property units in the Suncadia master plan, approximately 1200 of those units are owned by members of the Suncadia community. These units include building lots, condominiums and completed homes.

### Golf Courses

Washington State's best mountain golf with three championship courses:

- Prospector, designed by Palmer Course Design
- Rope Rider, a family-friendly course by Jacobsen Hardy Golf Course Design
- Tumble Creek, a private course designed by Tom Doak

### Swiftwater Cellars Winery

A 40,000 SF facility with a full winery operation, tasting room, retail shop, and the Hoist House Restaurant.

## About the Retreat...



## Strength and Wellness at Suncadia

Come enjoy a strength and wellness retreat presented by Ballard Health Club with your hosts - Aeron Hansen and Karen Gamble. The natural beauty of Suncadia, with it's pristine acreage along the Cle Elum River, is the perfect location for a wellness journey that encompasses body conditioning, hiking, yoga and guided meditation.

We will be staying in a luxury vacation home with a gourmet kitchen, ample bedrooms and a comfy mountain lodge atmosphere. These 3 nights and 2 days will be a casual, relaxing and fun filled gathering for a group of women looking for a healthy and positive get-away.

All activities are optional. Mornings will begin with a yoga practice that includes breathing exercises and meditation. Before lunch we will set out for area hikes. In the afternoons there will be cardio and strengthening fitness programs, team building exercises and free time to explore Suncadia. Evenings we'll gather for late yoga and meditation to wind us down for a good sleep.



## About the Grand Fir Lodge...

The **Grand Fir Lodge** was built for a relaxing escape from the stresses of everyday life. The setting is on the 13th hole of the award winning Prospector Golf Course in the heart of Suncadia. The mountain lodge style home features large fir exposed trusses with 4100 square feet of living space including 5 bedrooms, 3 fireplaces, a 7 person hot tub, a large gourmet kitchen, a Wii gaming system with lots of games, ping pong, foos ball, board games, toys and puzzle closet, a DVD movie library, a state-of-the-art home automation system, over 20 pieces of patio furniture, the list goes on. Visit [www.grandfir lodge.com](http://www.grandfir lodge.com) for more information about the Grand Fir Lodge in Suncadia.

