



Kelly Jean Dammeyer,
Master Trainer and
Founder of *Indigo
Energy and Fitness* will
guide you through this life
changing and inspirational
filled weekend that is de-
signed to ultimately sup-
port you on your journey
toward optimal health.

Kelly Jean is a health and fitness professional who inspires others in her passionate celebration of the human body and demonstrates to the world all of the beautiful ways in which it serves us.

Certifications: National Academy of Sports Medicine, American Council on Exercise, NIA, White Lotus Yoga, Pilates, Resist-a-Ball, Spinning, Post Rehabilitative Training, Qi Gong, Level III Macrobiotics, CPR, First Aid, Certified Trainer, Mentor and Facilitator for the Center for Soulful Living.

Kelly spent her early years battling and overcoming alcohol, drugs, nicotine and food addictions, along with obesity, a chronic illness, panic attacks and many more adversities. Kelly has first and foremost committed the last twenty one years to her own precious journey of physical, emotional and spiritual transformation. As a result, she opens herself up to supporting a wide variety of people and welcomes any of their personal challenges that they feel they are ready to overcome.

Her powerful and personal experiences, along with her extensive education and training in the field of personal wellness, health and fitness have led her to conduct inspirational seminars of all types and coaching others both individually and on group levels. She is now launching several retreats around the United States that integrate all of the components of healthy and balanced living so that others may live it and feel it for themselves in a magical and supportive environment.

For more details or to make your reservation please visit us at:
www.IndigoEnergyandFitness.com

Joshua Tree Retreat

Conference and Wellness Resort

A Sacred Space in the High Desert

Serenity - Balance

Peace - Health

Healing

This sanctuary is poised at the gateway of the village of Joshua Tree itself...a jewel in the desert, a gem for those seekers of serenity and healing.

Register Today! Space Is limited.

Early bird (paid in full by April 25th)

\$525 shared room and/or bath-

\$575 private room/bath

(Includes Food and Lodging)

Regular Prices (After April 25th).

\$585 shared room and/or bath

\$635 private room/bath

(Includes Food and Lodging)

What to Bring:

Medium Thick Yoga Mat

Optional Book: (but Highly Recommended)

The Schwarzbein Principle, The Program by
Diana Schwarzbein M.D.

www.SchwarzbeinPrinciple.com

Location and Directions:

Joshua Tree Retreat is located just 45 minutes north of Palms Springs, CA. Take Interstate 10 until you reach Hwy 62 (CA-62) just west of Palm Springs. Head North on Hwy 62 approximately 25 miles. Follow Hwy 62 passed Yucca Valley. We are located 1/4 miles past the intersection of La Contenta/Yuca Mesa on the north (left) side of the road.

Total Wellness Retreat

May 30—June 1, 2008

Located at the beautiful
Joshua Tree Retreat
Conference and Wellness Resort

*The Winning Formula
for Optimal Health
and Longevity*

Presented by:



"A Sacred Celebration of the Human Experience"



Balanced Nutrition, Productive Exercise, Stress Management and an Abundance of Love & Joy!



This inspirational weekend is designed to show you *A Winning Formula For Optimal Health and Longevity*. This package combines all aspects of total wellness, healthy well balanced meals and a fresh approach to exercise, plenty of downtime and adequate amounts of sleep, and for your spirit... meditation, uplifting and inspirational seminars while connecting with nature through Joshua Tree's stillness and tranquility.

This Package Includes:

- **Balanced nutritional meals-** All of the meals will be organic, freshly prepared by a chef and designed by Kelly. All of the meals will contain a protein, a complex carbohydrate, a non-starchy vegetable and a healthy fat. Vegetarians and/or other special dietary needs are welcome and will be accommodated upon prior request.
- **Productive Exercise-** Kelly will take you through various types of fun and highly effective ways to train your body. She will encourage deeper body awareness during the workouts and will give individual support and guidance on proper biomechanics. She will be offering NIA (a beautiful blend of dance arts, martial arts and healing arts), various types of Core Strength and Functional Training along with Hatha Yoga.

- **Inspirational Seminars-** Kelly will share her inspirations about how self-love transformed her life and her health and how she freed herself from all of her addictions. She will share with you both her personal experiences and professional knowledge on how to lose excess fat weight without dieting or counting calories and how to balance the major hormones through healthy and balanced nutrition. You will also learn how to prepare delicious, healthy meals in the midst of a busy lifestyle and how to eat well and exercise while traveling.
- **Spiritual Practices-** There will be daily meditation, chakra balancing and sacred walks through the labyrinth.
- **Stress Management-** Kelly chose the desert because of the powerful effect silence has on our physical emotional and spiritual health. She also considers downtime a very important and a very valuable part of this retreat along with 8-10 hours of sleep each night. She has designed the weekend to flow smoothly without feeling the pressure of a full schedule.
- **Individual Consultations -** Kelly's goal is to make the weekend all about you! So, during downtime she offers her one-on-one support to anyone

To make reservations
call 559-681-8024 or visit us at:
www.IndigoEnergyandFitness.com

Healing Touch Massage Therapies- Joanie Mac, RN, MT, Watsu and Holistic Healing Arts Practitioner, will be providing her services of Healing Touch Massage Therapies. She combines a unique and eclectic style with a rhythmical blend that is relaxing, releasing, rejuvenating and deeply healing. Her work will truly touch your soul!

In only three days, you'll experience a refreshed you with a new clarity and tremendous inspiration about your personal journey toward complete health and physical freedom.

"When I see everyone laughing and having a great time then I know that I've done my job. I find that it has to be more than just the physical workout to keep people consistent and my personal experience is that love and laughter are powerful ingredients in obtaining and maintaining optimal health."

~ Kelly Jean ~