

TRANSFORM YOUR LIFE

...Playing at the Beach!

Take an adventure this summer! Join us for a breath-taking experience that will transform your reality. Surrounded by sunny blue skies, serene sunsets, soft white sand, gentle waves, like-minded people and lots of love, you'll be inspired and supported to explore your own "inner landscape".

Let the power of the ocean support you in developing the **power of your breathing**, as you discover that amazing place inside where you are still pristine, playful and abundant... just like Mother Nature.

Your hostess and facilitator, **Lois Grasso**, creates extraordinarily supportive environments within which you can easily expand and open to your innate health and abundance. Come for 4 nights or for the whole week! Just a 3-minute walk from York Beach & downtown area, our modern, private beach house will be home-base for a conscious family-style vacation that will enhance your life dramatically!



The transformational aspect of your vacation includes 3-4 hrs each day of growth intensive activities, such as:

- ~ Daily Transformational Breathing™ (group sessions)
- ~ OxyCise™ daily - exercise, energize and affirm yourself
- ~ Neutralize toxic beliefs & emotions using EFT & more
- ~ Learn how to speak your truth so that everyone "wins"
- ~ Process emotions in a way that energizes your goals

The "vacational" aspect of your adventure will include:

- ~ Harborside Outdoor Theatre - Grease!
- ~ Sunset BBQ on our backyard patio
- ~ Air Conditioning & Full kitchen facilities
- ~ Breakfast & Lunch every day
- ~ Plenty of time to sunbathe, play in the waves, explore the coastline, or do nothing at all!



Lois Grasso, Founder OxyGenesis Institute

Working primarily with the PowerTools™ of conscious breathing, Emotional Freedom Techniques (EFT), Body-oriented therapy and Thought Management techniques, Lois maintains a private practice in West Hartford, CT. A naturally-gifted, well-trained and engaging speaker, she offers seminars and trainings on a variety of health and stress-related topics, at government agencies, corporations, churches, hospitals and community service organizations. She also travels internationally to give workshops and retreats. See more at oxygenesis.org/founder.html

Rates for full 4-night adventure

Wed (25th) - Sun (29th):

Double Occ: \$575/person

Single Occupancy: \$850

50% deposit to reserve

Balance due 8/15/09

Credit cards accepted

Add 3-night stay for just \$225

No program or meals: