

# The Over-Extended Woman

## WOMEN'S RENEWAL RETREAT

### ReFresh, ReNew, ReBalance

May 30-June 1, 2008

Lexington, Michigan

A Beautiful 3600sq ft Log Cabin Home

On the Shores of Lovely Lake Huron

Facilitator: Marla K. Ruhana, LMSW

Join her for an amazing weekend of replenishing with 5 Gourmet Meals, Rejuvenation Kits, Music&Meditation, Massage, Yoga, Beach Walks, Lounging in the sun, Solitude, Shopping in Lexington, and workshops facilitated by local experts!

If you are feeling drained, exhausted, and in need of some time to pamper yourself.....This weekend retreat is for you! Give yourself the Gift of Time!

For more info: [www.marlaruhana.com](http://www.marlaruhana.com) or 586-447-2162