

Registration Form

Please register me for the Women's Weekend Purifying Retreat on the dates indicated at left.

Retreat Dates: _____

Name: _____

Mailing Address: _____

Phone: _____

Email: _____

Patient Status:

I am a YNC patient.
My YNC physician is: _____
Approximate date of last office visit: _____

I am not a YNC patient.

I wish to receive my retreat orientation packet by: Mail Email

I have these food allergies and/or special needs:

Payment Information:

Enclosed is a check for my nonrefundable down payment of \$400. I understand that the balance of \$475 for the retreat is due at the start of the retreat.

Please charge my nonrefundable downpayment of \$400. I understand that the balance of \$475 is due at the start of the retreat.

Visa MasterCard

Card No.: _____

Expiration Date: _____

Signature: _____

Mail completed form to:

Yellowstone Naturopathic Clinic
720 N. 30th Street
Billings, MT 59101
406-259-5096

YELLOWSTONE
NATUROPATHIC
CLINIC



Women's Weekend Purifying Retreat

**A Total-Immersion,
Medically Supervised
Wellness Experience**

frazzled?
...feeling crummy?
...overwhelmed?

Beat a retreat to YNC

We know what it's like:

the chores, emails, phone calls, family demands, work demands, rushing around. You squeeze in exercise here and there, grab a meal when you can, and rarely get time to focus on you. Day after day, month after month, it takes a toll on your energy level, relationships, happiness, and health.

It's time to take time for you. At Yellowstone Naturopathic Clinic, we've designed a wow! wellness experience away from it all, a weekend purifying retreat just for women, just for you. Under medical supervision and gentle care, in relaxed environs — through a custom program of education, movement, nutrition, and nurture — we'll help you:

Relax and re-center

Connect with your body

Detoxify, physically and mentally

Remember what it feels like to feel good

Develop a long-term plan for healthier living

If you're a YNC patient, the purifying retreat is an opportunity to take your naturopathic care to a new level. If you're not our patient, it's a great way to begin a personal health journey with us. In one easy weekend, Thursday through Sunday, you'll get the tools, knowledge, and motivation you need to get started.

Recharge

Revive

Rediscover

Your Self

Your Body

Your Health

Jump-start your health

A jump start for your journey to good health, the purifying retreat is . . .

DETOX-CENTERED

The goals of the retreat are physical and mental detoxification. Physical detox by means of diet, movement, and therapeutic treatment opens the body's channels of elimination to remove toxins from the organs and blood. Mental detox through rest and quiet opens the mind to new thinking, new motivation, and new direction. The physical-mental combination works wonders. You'll remember how feeling great feels!

MEDICALLY BASED, MEDICALLY SUPERVISED

The retreat is a medical experience designed and supervised by YNC physicians. If you're not a YNC patient, or if you're a patient we haven't seen for some time, you must schedule one or two office visits* with a YNC physician for medical evaluation before the retreat. During these visits, we'll evaluate your health history and medical needs. During the retreat, physicians will supervise your detox, teach classes, and help you develop an ongoing health plan.

Our use of detox methods designed for medical benefit and administered under physician supervision is critical. Trendy, over-the-counter detox products pose dangers ranging from dehydration and blood-sugar problems to vitamin deficiency, muscle loss, and loss of beneficial intestinal bacteria.

*If you live more than 1-1/2 hours from Billings, you may choose to have your first visit by phone.

CUSTOMIZED, COMFORTABLE

Within the purpose and structure of the retreat, we'll make your experience whatever you want it to be. Health treatments can be selected purely for pampering or to meet specific medical goals. Your focus can be to relax, to reinforce existing healthy habits, to identify health barriers, or to start major life changes. Group activities can be balanced with the desired degree of personal attention and privacy.

All health treatments will be delivered in the nurturing environment of the Oasis Spa on YNC's lower level or in other private clinic rooms. Your evenings will be your own in private and comfortable off-site lodging.

MULTI-DAY, MULTI-BENEFIT

A brief spa experience, walk, or workout is good for you and feels great. To really recharge, though, you need more than a short break. Our purifying retreat offers an extended reprieve filled with many relaxing moments, invigorating moments, and *aha!* moments that add up to wow!

AN EASY FIRST STEP

Participation in the YNC Purifying Retreat is an easy first step to a new you. We'll help you take the challenge out of change, supporting your efforts and helping you focus.

Reconnect with your best self. Return home with fresh ideas, a sense of accomplishment, renewed commitment to healthy living, and a buoyant spirit.

Retreat Details

SCHEDULE

Each retreat starts with Thursday evening check-in and concludes early Sunday afternoon.

LOCATION/LODGING

Daytime activities are held at the Yellowstone Naturopathic Clinic and Oasis Spa at 720 N. 30th Street in Billings. Thursday, Friday, and Saturday nights, participants stay in private rooms at the Riverstone Billings Inn, two blocks from the clinic at 880 N. 29th Street. (For information on the inn's rooms and amenities, visit www.billingsinn.com.)

ACTIVITIES

Education – Group classes are held twice a day. Content is designed to motivate, build healthy habits, and expand your health knowledge. Topics range from wellness and detox principles to Chinese medicine, genetic risk, natural nutrition, and self-care.

Movement – Twice-a-day group movement sessions include yoga for all levels, postural exercises, stretching, and walking. Activities can be adjusted based on your mobility and medical condition.

Health Treatments – Therapeutic health treatments are given once or twice daily (five treatments in all) for relaxation and medical benefit. Choices include:

- | | |
|-----------------------------|-------------------|
| Acupuncture | Facials |
| Chiropractic | Massage |
| Colon hydrotherapy | Sauna/cold plunge |
| Constitutional hydrotherapy | Vichy shower |

COST

The retreat cost — including lodging, meals (excluding Thursday dinner), snacks, health treatments, and incidental medical consultation — is \$875/person. Not included in the cost are pre- and post-weekend office visits with YNC physicians to assess your health and provide ongoing care.

A nonrefundable payment of \$400 is due at registration, with the balance paid on or before the first morning of the retreat. At the end of the retreat, for an additional \$250, you may choose to follow up with a three-week, home-based seasonal detox.

TO REGISTER

To register for a Women's Weekend Purifying Retreat, fill out and return the registration form in this brochure. For upcoming retreat dates, refer to the brochure insert (if included) or call YNC. Registration is limited to six individuals per session, so don't delay!

When you register, we'll send you an orientation packet with additional details and instructions. We'll also contact you to set up any needed office visits.

For more information on YNC physicians, office visits, the Oasis Spa, available health treatments, and the optional post-retreat seasonal detox, visit our website:

www.yncnaturally.com



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