

# RETREAT YOURSELF

JANUARY 6-9, 2010 | THE OSPREY HOTEL  
BEAVER CREEK, COLORADO

*“During these changing and transitional times, I wanted to create a place for women to reconnect and find peace within themselves. To encourage self-love and self-healing, joy and fun. I have always been fortunate to find this within yoga, snowboarding, and being a Colorado mountain girl. I hope that other women can connect with that same vibe. And so it is.” – Megs*

## RETREAT YOURSELF 2010: A WOMEN'S SLOPESIDE RETREAT

**WHAT:** The revival of “ReTreat Yourself” women’s getaway. They will spend time connecting with each other on the mountain, and on their mats, and all the while, finding peace within themselves. Action-packed days of skiing/snowboarding guided by pro-athletes and Beaver Creek instructors, various yoga classes and life coach sessions to promote personal power.

**WHO:** For women of all ages with an interest in skiing/snowboarding, yoga and a desire to have fun, find joy and become inspired.



**WHERE:** The Osprey at Beaver Creek A RockResort. Redefining slopeside style, The Osprey at Beaver Creek opened in December 2008 as the closest ski-in/ski-out hotel to a chairlift in North America. The Osprey offers sophisticated alpine-chic design, 47 luxurious accommodations, a hotspot social scene, and posh-yet-playful services and amenities.

**THE EXPERTS:** Megan Pischke Porcheron: Professional Snowboarder; Amy Baker: Yoga Instructor; Kasha Rigby: Professional Skier; Barrett Christy Cummins: Professional Snowboarder; Linda Kennoy: Life Counselor/Coach

*Boarding for Breast Cancer* will present six Colorado local female breast cancer survivors with complimentary registration to take part in ReTreat Yourself 2010. *Boarding For Breast Cancer (B4BC)* is a non-profit, youth-focused education, awareness, and fundraising foundation. B4BC’s mission is to increase awareness about breast cancer, the importance of early detection and the value of an active lifestyle. To learn how to be considered for the Survivor Scholarship for ReTreat Yourself, please contact Justine@b4bc.org, or call 323-467-2663.

**FOR MORE INFORMATION** or to book ReTreat Yourself, visit [www.vbcpr.com](http://www.vbcpr.com) or call 800-752-7920.



Amy Baker



Megan Pischke Porcheron



Kasha Rigby



Barrett Christy Cummins



*Beaver Creek. Not exactly roughing it.*