

Live your life as a tax deduction!
Join us for a relaxing, educational retreat during peak “leaf season” in the gorgeous Blue Ridge Mountains of Georgia!



Take a break from your busy life *and* learn how to deliver the popular Thai foot reflexology session. Enjoy all that spa-living and healthy mountain air can offer while you learn new techniques and skills to enhance your bodywork practice.

We'll spend four awesome autumn days soaking up the southern hospitality that Georgia is famous for! Classes are scheduled to allow plenty of time to rest, rejuvenate and explore the surrounding area.

Our host - Dahlenega Spa Resort - is located on 72 acres of open meadows and woods near the historic gold-rush town of Dahlenega, Georgia. Nestled in the foothills of the Blue Ridge Mountains, the property's panoramic views, on-site nature trails, walking labyrinth, spa and outdoor Jacuzzi will soothe all your worries, while nearby attractions just might entice you to get up and go during non-class time!

Thai foot reflexology class schedule:

August 31	1:45 to 6pm (plan to arrive by 12:30 for lunch)
September 1	9am to 1:15pm
September 2	9am to 1:15pm
September 3	9am to 1:15pm

(Visit this link to read a description of the training:

www.academyofancientreflexology.com/classes/thai-foot-reflexology.html.)

Accommodation:

Rustic luxury accommodation awaits you at the Dahlenega Spa Resort. Comfortable, cozy farmhouse rooms look out over an English garden or expansive views of the mountains, and are conveniently located near the dining area, den, the popular rocking chair-filled front porch, reception area and Jacuzzi. All rooms are tastefully decorated in high country style and include a private bathroom. King, queen and twin bed choices available.

Food:

Delicious meals will be served beginning with Friday's lunch and ending with Monday morning's breakfast. Healthy buffet dishes will include fresh fruits, vegetables, grains, pastas, fish, chicken, juice, tea and roasted onsite Costa Rican coffee.

	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
Friday, August 31		12:30-1:30	6-7pm
Saturday, September 1	8-8:50am	1:15-2:15pm	6-7pm
Sunday, September 2	8-8:50am	1:15-2:15pm	6-7pm
Monday, September 3	8-8:50am		

Cost:

Students have two options for paying:

1. Pay the full amount when registering.
 2. Pay a \$300 deposit when registering. The balance is due by August 15.
- Full refunds, minus a \$100 cancellation fee, will be issued up to July 31. Refunds are not given to "no-shows". In the unlikely event that the retreat is cancelled, monies will be fully refunded within seven business days.

\$775 (double occupancy, each person)

\$1020 (single occupancy)

Non-student guest (double occupancy): \$485 (no split-payment plan)

Note: Investment includes workshop fee and supplies (except non-student guest), accommodation (including daily room cleaning service), three breakfasts, lunches and dinners. Gratuities to resort staff are optional. Transportation to and from resort is the responsibility of the attendees.

What to do when you're not in class or just goofing off:

Take a yoga class. The resort's 1,400 square foot Yoga Hall offers a variety of classes for all levels of expertise.

Indulge in one of the spa's many facial, massage and body treatment services.

Check out the spa menu - www.rresorts.com/f.html#/dahlonega/spa

Visit Australia! Well, not really... however, the largest kangaroo population outside Australia exists less than an hour away from Dahlonega! You can see over 300 kangaroos here! Nine different species! Enjoy the afternoon walking hiking trails throughout the sprawling 87-acre Kangaroo Conservation Center.

www.kangarooconservationcenter.com

Soak in the large outdoor Jacuzzi - under the stars, of course.

Take a contemplative walk on the resort's 40-foot labyrinth.

Stroll (or power-walk, if you prefer) the easy 1.5-mile nature trail within the property.

Visit one of the five breathtaking wineries conveniently located near the resort. Learn about the winemaking process and sample a variety of unique wines made from locally grown grapes (including the history-laden Cynthiana-Norton grape).

Watch chocolate being made at Paul Thomas Chocolates. Sample what seduces your taste bud and take home a souvenir Dahlonega Chocolate Gold Bar, made with dark or milk chocolate, raisins and Georgia peanuts (of course).

www.paulthomaschocolates.com

Hike or just chill out at Dick's Creek Falls, located 15 minutes from the resort. This is a hidden gem off the beaten path, with cascading waterfalls and plenty of rocks for perching and diving. Nature at its best.

The Chestatee Wildlife Center, a non-profit organization that specializes in preservation through education of exotic and domestic wildlife, is just 15 minutes from the resort. The preserve is home to hundreds of animals and 100 species from around the world, *including the rare Siberian white tiger*.

www.chestateewildlife.com/

Pan for gold! No athletic skills required here. Two nearby mines offer the opportunity to tour an underground gold mine, enjoy an old-fashioned wagon ride and of course, pan for gold and gemstones.

Or just claim a rocking chair on the front porch and do nothing!



FREQUENTLY ASKED QUESTIONS:

1. How far is the resort from Atlanta, Georgia?

An easy drive, 1-hour & 15 to 1-hour & 45 minutes north/northeast of the city.

2. Is there transportation available from the Atlanta airport?

Transportation can be arranged with Crown Mountain Limo at 866 624-0747.

www.crownmountainlimo.com

3. How about electronics?

Wi-fi is free. Cell phone reception is available on the property. There are no land phones or televisions in the guest rooms (hey, this is a retreat, afterall!)

4. Can I bring my pet?

Pets are not allowed in the guest rooms we have blocked off for the Thai reflexology retreat. The resort will accommodate well-behaved pets in the cabins. Please contact the Academy at 904/553.4067 if you want to make arrangements to bring your pet. There is an additional pet fee of \$25 and a \$200 deposit requirement. The resort will return your deposit in full on the day of departure, if the room is left in good condition.

5. Are there a lot of bugs?

The resort's elevation of 1450+ feet and gentle mountain breezes keep the property virtually bug-free.

6. What can you tell me about Dahlonega?

Downtown Dahlonega, a 15 to 20-minute drive from the resort, is a charming historic area, home of the first gold rush in the United States. There is plenty to explore in town in your free time: a gold museum, fine artisans showing their wares, quaint gift shops, coffee and tea shops, an excellent music venue, a community theater and a world-class chocolatier!