

CHI OMEGA™

Travel with Chi O . . . *See the World with Your Sisters!*

Relax, Rejuvenate, and Renew Friendships

Join Chi Omega's Second Annual Spa Getaway

The Oaks at Ojai

in Ojai, CA

Invite Sisters, Friends, and Family or Come Single

January 21–26, 2011



Five Night Getaway Includes:

- ◇ 3 low calorie meals daily
- ◇ Cardio, strength and flexibility classes (Hikes, yoga, aquatics, Pilates, etc.)
- ◇ Healthy living and mind-body awareness classes
- ◇ Evening programs after dinner (for example: speakers, movie, or relax yoga)
- ◇ Plus sauna and steam rooms, indoor Jacuzzi, and much more . . .)

Can't getaway for five nights, come for the weekend!!
(Call for details.)

Prices range from \$1,109 to \$1,439 *

- ◇ Space is limited so sign up ASAP; \$200 deposit to hold space.
- ◇ Final payments due November 20, 2010.

*Airfare, travel guard insurance, gratuities, and transfers to and from the airport are not included. Prices are subject to change.

For more information, please contact:

Darleen Newton 559-924-2257

dnewton@lemoorenet.com

www.destinationswithdarlene.com

510 B Street
Lemoore, CA 93245

(559) 924-2257
CST# 2061210-40

SAMPLE OF A DAILY ACTIVITY SCHEDULE AT THE OAKS

CLASSES FOR ALL LEVELS OF FITNESS. SOME EXAMPLES ARE:*



Hiking: Advanced mountain hike, intermediate hike, brisk walk and a morning stroll

Dance Classes: Zumba, Belly, Funk, African, SPacifically

Yoga: Gentle relaxing yoga, rise and shine yoga, yoga for strength

Pilates Inspired Mat Class

Simple Step Muscle Conditioning

Ball Classes

Tai Chi

Roller Blading

Top to Bottom Toning

Water classes

Weight Room Circuit

SPA & SALON TREATMENTS AND SERVICES AT THE OAKS:*

Body Care:

Massages: Swedish, Aromatherapy, River-Rock, Thai, Reflexology, Reiki, Acupressure, Watsu

Skin Care:

Facials: Bio-Organic Hydrating Mask Facial, Body Salt Glo, Paraffin Hand & Foot, Pomegranate Sugar Scrub, Back Facial, Paraffin Hand & Foot, Algo Mask Facial, waxes, and other services

The Spa Salon Services:

Hair cutting & styling, manicures, pedicures, and a variety of other services

*Classes and treatments are subject to change.

PRE-REGISTRATION FORM

**SEND TO: Destination with Darlene CST# 2061210-40
Darlene Newton
510 B Street • Lemoore CA 93245 • Phone: (559) 924-2257**

Enclosed is my/our deposit for \$_____ (\$200 per person) for _____ person/people on the following tour: ***Chi Omega The Oaks at Ojai, Ojai, CA, January 21 –26, 2011.***
Make check payable to Destinations with Darlene.

Name: _____ Nametag to read: _____

Street Address _____

City _____ State _____ Zip _____

Phone: Home () _____ Work () _____

I desire a single room. I will room with _____

My departure city is _____

I would like travel insurance information: Yes No

Space is limited; \$200 deposit is required to hold space ASAP-final payment due November 20, 2010.

Cancellation policy: \$600 cancellation fee after December 10, 2010.