Time For Me Retreat Offers Time Out for Overworked Professionals

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Press Release Author: Jennifer Blair

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Press Release Summary: Weekend Retreat Features Celebrated Speakers, Opportunities to Relax and Renew, and Help on How to Create a Satisfying Work–Life Balance

Press Release Body: Luray, VA, December 16, 2008 – Good news for those of us whose lives have been so focused on Work Time (or Family Time or Caregiving Time or Doing Good in the Community Time or Generally Being a Good, Unselfish Person Time) that there hasn't been enough – if any – **Me Time: The Time For Me retreat, from March 27th through 29th of 2009 at the Mimslyn Inn in Virginia's spectacular Shenandoah Mountains**, is the perfect antidote to that out-of-balance state where so many of us live.

Conveniently scheduled between **7 PM on Friday and mid-day on Sunday, Time For Me** allows working folks to fit this much-needed escape into their busy lives.

The Time for Me retreat is specifically designed for those of us who have put self-care on "Hold" until after we take care of everything and everyone else. You will be instructed, inspired, and invigorated by work–life balance experts like New York Times best-selling author Barbara Sher (http://www.BarbaraSher.com) and world traveler Robin Sparks (www.RobinSparks.com)

And because we want you to practice what we're preaching, we'll be offering wine-tasting, massages, belly-dancing, Tai Chi, and many other extras that people often say they would try, if only they had the time.

Reserve on or before January 1 to take advantage of the $550 early-bird price (a $125 savings off the regular price of $675).

For details about the **Time For Me Retreat**, including a complete list of speakers, a schedule of activities, and information on transportation and lodging, visit http://www.NoTimeForMe.net.

Web Site: http://www.NoTimeForMe.net

Contact Details: Jennifer Blair
6516 Yadkin Ct.
Alexandria, VA 22310
jaybezo49@gmail.com
703-971-0735