

Sanctuary in the Sun Renewal Series at The Spa Atlantic



“Sanctuary in the Sun” - a renewal series for body, mind and spirit - at The Atlantic Hotel and Spa. This two night / three day renewal series features nationally recognized life-coach, Debra Gawrych, from her series - “Finding Your Inner Point of Balance”. Along with the seminar on life balance, the series includes a personal

coaching session, spa activities and treatments and a healthy lifestyle cooking class with Executive Chef, Scott Downs – complete with recipes. Join us at Fort Lauderdale’s only luxury boutique hotel and experience the “Sanctuary in the Sun” – renewal series at the Sun & Sea inspired Spa Atlantic.



601 North Fort Lauderdale Beach Boulevard,
Fort Lauderdale, FL 33304.
Telephone 866-837-4274
www.luxurycollection.com/atlantic

SERIES INCLUSIONS:

- » Welcome Reception
- » Saturday morning sunrise yoga
- » “Finding Your Inner Balance” seminar with life-coach Debra Gawrych
- » Healthy Living Cooking Class with Executive Chef, Scott Downs
- » Selected Spa Treatment
- » Personal Life Coaching Session with Debra Gawrych
- » Sunday Morning Sunrise Beach Stretch and Walk



SERIES DATES WILL BE:

May 18-20, 2007
June 22-24, 2007
July 13-15, 2007
August 10-12, 2007

Two night packages from
\$750 per person, double occupancy

Single occupancy, three night stays and day passes are also available by calling The Spa Atlantic directly.