

# MAFE 2015 Retreat



## Relaxation is Key



Bill Cody Ranch  
~ Just 30 minutes from Cody, WY ~  
September 11-13, 2015

### Schedule of Events



#### FRIDAY, SEPTEMBER 11<sup>TH</sup>

Check in – Bill Cody Ranch @ 2604 Yellowstone Hwy, Cody, WY.

(800) 615-2934, [www.billcodyranch.com](http://www.billcodyranch.com)

MAFE Hospitality Room – Dinner & Saturday activities sign-up

Stress Relief 101 – Pedicures &/or a Facials, hosted by Polly Taggart

Please bring your own cleansers, masks, exfoliation potions & lotions, polish, etc. (products will be on site & available for use as well). We'll pamper ourselves as we indulge in a weekend getaway just for US.

\* Activity is optional. There will be a \$2 fee for pedicure kit **IF** you choose pedicure & don't have your own to bring.

Free Time, Game Time, Bed Time

3:30 PM

6:30 PM

8:00 PM

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7:30-8:30 AM

8:30 AM

11:00-12:30pm

12:30 PM

1:30-4:00 PM

4:30-5:30 PM

5:30-6:00 PM

6:00-8:30 PM

7:15-9:30 PM

#### SATURDAY, SEPTEMBER 12<sup>TH</sup>

Fitness Activity

MAFE Hospitality Room – Continental Breakfast

Yoga & Meditation Session with Laura V.: Vacations (ie. retreats) are all about traveling, having fun, relaxing, getting out of your daily routine and experiencing new locales and cultures. We've invited Laura for a yoga and meditation session where you will be expertly guided through gentle instruction & practice. Mats can be provided or bring your own. *Check out this website for additional details:* <http://www.lauravanderberg.com/>

MAFE Hospitality Room – Lunch

Enjoy nature any way you like! Trail rides, fishing, hiking, reading or meditating  
Activity

MAFE Hospitality Room – Pre-dinner social

Outdoor BBQ Dinner

Campfire & S'mores

#### SUNDAY, SEPTEMBER 13<sup>TH</sup>

8:00 AM

MAFE Hospitality Room – Continental Breakfast, check-out time is 10am



# REGISTRATION FORM - MAFE RETREAT 2015

- Full weekend registration: \$195 (double occupancy, 2 nights)
- New MAFE member registration: \$145 (Member since September 2013; double occupancy, 2 nights)
- Full weekend registration: \$320 (single occupancy... ie. your own room, 2 nights)

Included in your full registration: munchies, refreshments, Continental Breakfasts, Saturday lunch, Friday night dinner, Saturday night dinner and 2 nights lodging. **WHAT A DEAL!!**

Your registration with money must be received by **June 5, 2015.**

Name \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Roommate Preference \_\_\_\_\_ (Preference not required)

**Please make checks payable to MAFE and mail with complete registration form to:**

MAFE Retreat  
 Kim Bar  
 34 S. Santa Fe  
 Billings, MT 59102