



Sunday, May 23 - An All-Day Pampering Gift

Spa Day (Renewal Style) is the perfect **Mother's Day** & **Father's Day** Gift

Show your loved ones how much you care. Give the gift of Ahhhh.

Mothers & Daughters / Fathers & Sons / Husbands & Wives

Aunts & Nieces / Sisters / Soul Sisters / Best Friends / Birthday / I love you gift

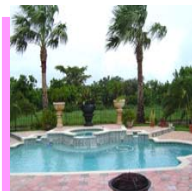
Program (Appointments allocated on a first come basis... so sign up early
Classes and Services are 50 minutes unless indicated otherwise. *Schedule subject to change.*)

Time	Group Classes <i>Descriptions on Back</i>	Certified Professionals	Services <i>Descriptions on Back</i>	Certified Professionals
10:00	Free Bonus for all: Stress-Melter	Dottie Zveibil	Massage	Peter Fox, Andrew Guzik, Mitchell Schneider, Tracey Silber, Bob Singer, Linda Sutt
11:00	Feng Shui	Hindy Zeifman	Cosmetologist (Facials)	Mary Anne
2:00	QiGong		Reiki	Aimee Davila, Dottie & Richard Zveibil
3:00	Renewal Yoga	Steven Sperber	Foot Bath Detox or Aromatherapy	Nelly Munoz-Perez
4:00	Meditation	Rabbi Marc	Private Yoga Coaching	Steven Sperber
5:00	Mikva		Interior Design of the Mind	Helena Nath (Flower Essence Kinesiology)

1 Prioritize 3 Service choices

Preferences allocated on registration order. Sign up now!

Time(s)	Services (Not Group Classes)
1. _____	_____
2. _____	_____
3. _____	_____



Location

In the luxurious, private, Stonebrook Estates **Address**, directions, confirmed schedule and recommendations will be emailed to Registrants
General vicinity: Davie, near Flamingo & 595.

2 Choose Your Packages (TAO is a non-profit 501c3 corporation. Your donation is tax deductible.)

	Includes	Attendees Names (Print CLEARLY!!!)	Admission	Number	Amount
Day of Zen	2 Personal Services • All Group Classes Lunch & Lounge • Stress-Melter		\$186		\$
Day of Beauty	1 Personal Service • 3 Classes • Lunch & Lounge • Stress-Melter		136		\$
Lunch & Lounge	Lunch & Lounge • Stress-Melter		54		\$
Double Delight	Admission after 2:45 p.m. • Rabbi's 2 Classes: Meditation & Mikva		36		\$
Plus Plus!	Lunch & Lounge <i>plus</i> Double Delight (Rabbi's 2 Classes for price of 1!)		72		\$

3 Tell us About Yourself (Please print clearly. If we can't read it, we can't process it!)

Name: _____ Address: _____
Phone: (_____) _____ - _____ E-mail: _____

4 Choose Payment (Online at www.TAOcenter.net • Mail • Fax 954-888-1407 • Phone 954-888-1408)



Check # _____ (Make checks payable to TAO) Total Payment \$ _____
 Visa MasterCard Amex # _____ Exp. Date ____/____/20____
 Name as it appears on card: _____ Code on back; Amex, on front _____
 Billing Address Same as above Other _____
 Signature: _____ Today's Date ____/____/____

(TAO is a non-profit 501c3 corporation. Your donation is tax deductible. Thanks for your generosity.)

Tracy

Spa Day Group Classes

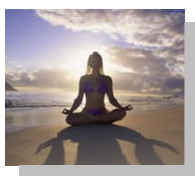
Now's the perfect time to try activities you've been thinking about...

Feng Shui – Based on the belief that surroundings affect behavior, health and state of mind, Feng Shui is about creating an environment so experience a full and productive life. Feng Shui is an ancient art of design and placement whose purpose is to balance life energies and to help you feel comfortable and energized in your home and workplace. You'll be surprised and delighted at what you can learn away from home about your home.

Meditation – Practiced since antiquity, is a component of many religions. Different meditative disciplines encompass a wide range of spiritual and/or psychophysical practices which may emphasize different goals -- from achievement of a higher state of consciousness, to greater focus, creativity or self-awareness, or simply a more relaxed and peaceful frame of mind. Giving this sense of relaxation and peace, meditation ultimately leads people to find peace within themselves. What a perfect way to end a perfect day.

Mikvah – A ritual bath or immersion in water to regain purity. At Spa Day, Rabbi Marc will lead us through a Renewal Mikvah and share with us the meaning and how it affects our lives.

Qigong – A Chinese art. *Qi* (breathing or energy) within the body. *Gong* means work applied to a discipline or the resultant level of skill; so *Qigong* is breath or energy work. Most medical and traditional Chinese practitioners view Qigong as a set of breathing and movement exercises, with possible benefits to health through stress reduction and exercise. Others see Qigong more metaphysically, claiming that *Qi* can be circulated through your body's channels, called meridians.



Yoga – The physical/exercise yoga is "Hatha Yoga." Hatha comes from the Sanskrit "ha" (sun) and "tha" (moon). Combined, "hatha" means "forceful", implying that powerful work must be done to purify the body. Yoga means to join together. So hatha yoga joins sun (masculine, active) energy with the moon (feminine, receptive) energy, thus producing balance and greater power in an individual. In this session, you will see the benefit of gentle stretching positions for your mind and body.

Say Day Services

Indulge in your favorite treatment or try something new to enhance this special relaxation day...

Aromatherapy – Biblical references site uses for plants and aromatic oils for religious purposes and curing illnesses. Science has validated many aromatherapy uses. In this consultation, products are hand-selected to complement a natural healthy lifestyle for your specific conditions. Free yourself from the stresses of your daily life through our aromatherapy products while you relax your body, enhance your mood, and reclaim your inner state of peace.

Facials – Licensed estheticians, with special training in skin care, clean, exfoliate and nourish your skin promoting a clear, well-hydrated appearance. Facials are the second most popular spa service after massage. It is sometimes called a "deep-cleansing facial" or "deep-pore cleansing" facial because of extractions of black heads or whiteheads (if you wish and need it).

Flower Essence Kinesiology – This lovely, gentle therapy heals at deeply spiritual, emotional and mental levels, giving clarity to your life, as well as courage, strength and commitment to follow and pursue your goals and dreams. They help develop a higher level of intuition (enable the person to access the wisdom of the Higher Self) self esteem, spirituality, creativity and fun. Applied kinesiology is used in determining the essences to use.

Private Yoga Coaching – This is a rare opportunity to get a customized introduction to yoga or to really hone your technique and take your yoga to a new level.

Massage Therapy – Dating thousands of years, massage therapy manipulates muscles and other soft tissues easing soreness, treating diseases and promoting wellness. Plus, it feels amazingly good! There are over 80 types of massage therapy. In all of them, therapists press, rub, and otherwise manipulate the muscles and other soft tissues of the body, often varying pressure and movement. They most often use their hands and fingers, but may use their forearms, elbows, or feet. Typically, the intent is to relax the soft tissues, increase delivery of blood and oxygen to the massaged areas, warm them, and decrease pain.

Reflexology – Originated in China 5000 years ago, William H. Fitzgerald, M.D. brought reflexology to the U.S. in 1913. In the 1930s Ingham, a nurse and physiotherapist, mapped the entire body into "reflexes" on the feet. Reflexologists relieve stress and pain throughout the body by massaging, squeezing or pushing on parts of the feet (and sometimes the hands and ears) that correspond (through meridians) to other areas of the body.

Reiki – This Japanese healing art melts your stress away while balancing, harmonizing and relaxing your physical body, emotions and thoughts so you may heal naturally. It transfers energy from Practitioner to patient enhancing the body's natural ability to heal itself. Reiki touches body, mind, and spirit bringing deep relaxation, destroying perceived energy blockages, and increasing the body's vibrational frequency.

Foot Bath Detox



Detox Foot Bath is an all natural way to detox the inside of your body through your foot in a relaxing bath. Detoxification begins the moment you place your foot into the foot bath. Detoxification benefits your health and can help the aging process.

As believed in Reflexology, each foot is actually a channel, a conduit, through which your body attempts to cleanse itself of toxic wastes and heavy metals that are building up in many parts of your body. During the foot bath, you will actually see the cleansing process take place as the water interacts with a compound electric current and magnetic field structure. This body cleansing process results in the correct frequency required for cells to return to a healthy state, and to release waste that has been bonded to them over the years. This detoxification therapeutic procedure also enhances the effects of other therapies. Our unit is among the best foot bath detox products available.

We live in a society fraught with pollutants and heavy metal toxins natural and synthetic. They exist in our air, water, food, clothing and the environments in which we live, work, play and sleep. As a result, our bodies are depleted of crucial life giving elements, leaving us to feel drained of energy or unable to heal naturally from illness, injury or medical procedures.

Water is a critical resource. It covers two thirds of the earth's surface and 80 percent of the human body is comprised of water. It's in the fluids we drink, the air we breathe, the foods we consume and it is the medium by which we cleanse ourselves.

Since ancient times people have bathed in natural springs and reported experiencing healing benefit for many ailments. Resorts and health spas around the world maintain their popularity because bathing in springs hot, cold or mineral has undisputed therapeutic effects, including: improved circulation, increased relaxation and, as a result, relief from symptomatic or chronic pain.

The Detox Foot Bath helps water to detoxify the body and recreate the therapeutic experience found naturally in the world's most reputed spas.

The Detox Foot Bath also reduces acidosis throughout the body allowing it to regain a natural balance.

Everyone can benefit from this powerful detox. People with sleeping problems have reported having restful nights. Those with pain get relief and increased energy. Many dentists have directed their patients to use the Detox because of its ability to draw mercury from the body.