



Third Annual Women's Getaway Weekend

With
Kathleen Ekdahl, BA, ACE, CSCS of **Personal Best**

Hotel Viking and Spa Terre – Newport, Rhode Island
March 31 – April 2, 2006

Time again to get away for a weekend of rejuvenation, fun and friendship – it's time to recharge. This weekend has been created for women to get away from their everyday schedule, enjoy yoga classes, explore Newport, visit the mansions, or indulge in a spa treatment. The Hotel Viking is in the heart of Newport's Historic Hill district, an elegant haven amid the graceful mansions of Bellevue Avenue, immediately surrounded by historic homes, boutique shops and attractions

- March 31
 - 9:30 a.m. Depart Marlborough, MA, on a Silver Fox Motorcoach, for Newport. We will stop at Newport's Waterfront area for shopping and lunch on your own.
 - Yoga Class
 - Wine and Cheese Reception
 - Welcome Dinner

- April 1
 - Breakfast
 - Yoga Class
 - Rest of the day free – have a spa treatment, explore Newport's shops and galleries
 - There will be an **Optional Dinner** at a local restaurant for those who wish to eat as a group.

- April 2
 - Breakfast
 - Yoga Class
 - 1:30 p.m. Depart the Hotel Viking for return to Marlborough, MA

- Price
 - \$ 398.00 per person, based on double occupancy \$ 488.00 for a single room
- Deposit
 - \$ 50.00 per person to hold reservation. Space is limited.



Contact Information: Linda Tatten, CTC Tel 508-460-1816 or 800-710-8041 www.TravelbyTatten.com
Kathleen Ekdahl, BA, ACE, CSCS Tel 978-562-0377 www.personalbestpersonaltraining.com

DEPOSIT SLIP

Name _____

Address _____

City _____ State _____ Zip _____

Day Telephone _____ Evening Telephone _____

Deposit check: \$50.00 per person, payable to **Travel by Tatten**; or if payment by credit card:

Card and Number _____ Exp. Date _____

Amount Charged _____ Signature _____ Date _____

Mail to: **Linda Tatten, CTC, Travel by Tatten, 61 Patten Drive, Marlborough, MA 01752**

Kathleen Ekdahl, BA, ACE, CSCS

Personal Best Personal Training
www.personalbestpersonaltraining.com

Kathy Ekdahl, BA, is a nationally certified personal trainer and fitness instructor with over 17 years experience in health and fitness. She recently further enhanced her education by becoming a Certified Strength and Conditioning Specialist, a highly regarded certification qualifying her to work with serious athletes. Kathy also currently coaches Varsity Field Hockey for Hudson High School. She is the former owner of The Aerobics Stop, a renowned women's gym in Marlborough, MA, and was a continuing education provider for the fitness industry for 10 years. She now specializes in working one-on-one with clients of all fitness levels, and her experience as a certified yoga instructor helps her clients find the balance, awareness and happiness that comes from a healthy regimen of exercise and good nutrition. Since establishing **Personal Best Personal Training** in the Spring of 2001, Kathy has recently added two exciting training options to her training business. Clients can now combine traditional one-on-one training with Fitness Coaching By Phone and Virtual Personal Training using the interactive programming of the newly launched Personal Best website, www.personalbestpersonaltraining.com. Kathy is now also featured on a Hudson cable TV show which debuted in April 2005 entitled, "The Fitness Forum."

Tour Administration

This tour will be operated by Travel by Tatten, 61 Patten Drive, Marlborough, Massachusetts, 01752; phone 508 / 460-1816 or visit our website www.travelbytatten.com

Deposit and Payment

A \$50.00 deposit per person, non-refundable deposit, is payable at time of booking.
Checks made payable to Travel by Tatten. Credit cards accepted: Visa, MasterCard and American Express.
Final payment due February 01, 2006.

Cancellation Policy

If canceled prior to February 01, 2006 – full refund less \$50. non-refundable deposit
If canceled after February 01, 2006 – no refund

Responsibility Clause

Travel by Tatten acts only in the capacity of booking agents for travel-related services, i.e., transportation, accommodations, meals, etc., and bears no responsibility for failure or delay in performance arising out of causes beyond their individual control.

Tour Cost

The cost is based on a minimum of 20 passengers and includes the following services:

- Two nights deluxe accommodations
- Round trip motor coach transportation from Marlborough, MA
- Welcome Wine and Cheese Reception
- Welcome Dinner
- Breakfast – Saturday and Sunday
- Three yoga classes
- Destination Newport Coupon Book – attractions, restaurants, shops
- All Rhode Island State Room and Meal taxes and meal gratuities
- Gratuities for bus driver
- *Travel by Tatten* tour escort – your personal traveling concierge

