



# PATRICIA THOMAS

Chief Freedom Officer . Professional & Lifestyle Coach . Speaker . Author

[www.ThomasCoaching.com](http://www.ThomasCoaching.com)

**MAKE YOUR PLANS NOW TO JOIN EXECUTIVE COACH PAT THOMAS**

**FOR THE 2008 WEEKEND SPA RETREAT**

**OCTOBER 17 - 19, 2008**

**GURNEY'S INN AND SPA RESORT  
MONTAUK POINT, NEW YORK**

## **THE ACCOMMODATIONS**

- ~ *Accommodations by the Sea*
- ~ *Sumptuous breakfasts and abundantly appointed receptions*
- ~ *Double and single room accommodations available*
- ~ *Group sessions*

## **THE RETREAT**

- ~ *Friday afternoon through Sunday at 1 PM*
- ~ *Group coaching for personal and professional development*
- ~ *Time for individual discussions and downtime*
- ~ *Spa treatments included*
- ~ *Optional leisure activities: Shopping, Tours, Walks on the beach...*

## **GETTING THERE**

- ~ *Travel directions will be provided at time of registration.*

## **ATTIRE**

- ~ *Vacation casual and comfortable for day; resort casual for dinner*



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DATE	TIME	RETREAT SCHEDULE OF EVENTS
Friday	3-5 PM	<b>Check In and Registration</b>
	6-9:00 PM	<b>Reception &amp; Orientation</b>
	9:00 PM	TBD
		Rest, relax and network with retreat guests
Saturday	7:30 AM	Optional: Morning Beach Walk, Stretch and Meditation
	9:00 AM	<b>Breakfast</b>
	10 AM - 12:30 P	<b>Group Coaching Workshop</b>
	12:30 PM	<b><i>Spa Treatments Shopping</i></b> (including Craft and Antique Market, wicker and linen outlets, and quaint gift shops))
	4:00 PM	Free time, reflection, journaling, resting
	6 - 7 PM	<b>Group Coaching</b>
	7:30 PM	Group Dinner
Sunday	7:30 AM	Optional: Morning Beach Walk, Stretch and Meditation
	9:00 AM	<b>Breakfast</b>
	10 - 1 PM	<b>Group Coaching/Close/Fieldwork/Feedback</b>
	1:00 PM – 3 PM	<b>Check-out</b>
		<b><i>Spa Treatments</i></b> Optional afternoon activities: Shopping and Antiquing
	8:00 PM	Optional: Dinner on your own



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## WEEKEND SPA RETREAT, OCTOBER 2008

### REGISTRATION CONFIRMATION

Fax to: 718-898-1365 or Email to: [pcoachpat@aol.com](mailto:pcoachpat@aol.com) or  
Mail with your check to: Thomas Coaching Company  
PO Box 690145  
East Elmhurst, NY 11369

Name \_\_\_\_\_ Home Phone \_\_\_\_\_

Mailing Address \_\_\_\_\_

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

Room Choice: Single Occupancy @ \$800.00 per person \_\_\_\_\_  
Double Occupancy @ \$750.00 per person \_\_\_\_\_

Room Partner Name (s):  
\_\_\_\_\_

Special Meal Considerations: Vegetarian \_\_\_\_\_ Other \_\_\_\_\_

#### Two Choices for Payment

Online secure payment with Paypal: Go to [thomascoaching.com](http://thomascoaching.com). Select the **Products & Services** tab.  
Select **Weekend Spa Retreats** and make your credit card payment. [If you are viewing this form online, click here to register online.](#)

Credit Card Type \_\_\_\_\_ Number \_\_\_\_\_ Expiration \_\_\_\_\_

Name on Card \_\_\_\_\_

Billing Address \_\_\_\_\_

Check Enclosed for \$ \_\_\_\_\_

Spa Treatment Choice: Please make one **first** and one **second** choice selection: 1, 2

Facial \_\_\_\_\_ Massage \_\_\_\_\_ Manicure \_\_\_\_\_ Pedicure \_\_\_\_\_

*FOR THOMAS COACHING COMPANY USE ONLY*

**Room Assignment** \_\_\_\_\_ **Spa Selection** \_\_\_\_\_ **Date/Time** \_\_\_\_\_

Payment : Check \_\_\_\_\_ Credit \_\_\_\_\_ Date \_\_\_\_\_

**THOMAS COACHING COMPANY – PO BOX 690145 – E. ELMHURST, NY 11369**  
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