

# You Can Relax®

## NOTES:

Second Sunday of the month  
*Dixieland Jazz Society Dance*  
 1 - 4pm

*Lafayette Hotel-El Cajon Blvd. SD (Downstairs)*

\*Local Dance Studios & Dance Spots-  
 San Diego, CA area

- Café Sevilla - 4th Ave. Gaslamp, SD  
 Downtown - (Downstairs)
- Champion Ball Room - 5th Ave., Hillcrest (Upstairs)
- Cheek to Cheek - Grand Ave. & Ballard, Pacific Beach
- "Destination Unknown" with Margarette
- Lucky Star - (Chinese Seafood Restaurant) 4th & University
- Marriott Hotel - La Jolla Village, La Jolla
- Patty Wells Dance Time - Moreno Blvd.
- Salsa Club - H St & Broadway, Chula Vista
- Starlight Dance - El Cajon Blvd.
- Sunday Dancing - Balboa Park
- Tio Leo's - Off Moreno Blvd.
- Trellises - Town & Country Hotel, Hotel Circle, SD
- Viejas - Dreamcatcher Room - Alpine

\*\*Gourmet Healthy Dining Spots

- Bay Beach Café - Coronado
- Bon Giorno Italian Restaurant - Bonita
- Cilantro Live - Carlsbad
- Coco's - College & Hwy. 94
- Kensington Grill - Adams Ave
- Peohes - Coronado
- Sammy's Calif. Wood Fired Pizza (and salads)-  
 4th Ave. Gaslamp Quarter, San Diego
- Tamarind Thai - La Mesa
- The Prado - Balboa Park, San Diego
- Trattoria Agua - La Jolla
- Vieja's - Alpine

## UPCOMING EVENTS

November 2006  
 28th Annual Dixieland Jazz Festival  
 Town & Country Hotel - Hotel Circle  
 San Diego, CA

# You Can Relax®

## Shangri-La Guest House

Lemon Grove  
 Outside San Diego, CA USA  
 619.589.7352  
 Helen@youcanrelax.net  
 www.youcanrelax.net

## Refresh, Renew, Revitalize®

## Rejuvenation, Music and Dance Week

with  
 Health Practitioners  
 Beauty Treatments  
 Gourmet Healthy Dining

(Sunday thru' Saturday)

**Lodging** (Add a day - \$35) **\$300**  
*Gratuities additional*  
**Dining and Dancing** **\$550plus**  
*Cover charges, tips, transportation additional*  
**Health and Beauty Treatments** **\$260plus**  
*Tips additional*

## Vacation Travel Package

Itinerary especially designed for .  
 YOU  
 Your phone number...

All times are tentative. Subject to change. Personalized Monthly

### Early Arrival

### Arrival Day

15	SATURDAY	16	SUNDAY
7:00		Time	Arrival Time
8:00		8:00	CHECK - IN BY APPOINTMENT or 9 - 10:30am For this itinerary only.
9:00		9:00	
10:00		10:00	
		10:30	Deep Tissue w/Doc (Dr. Paul)
11:00		11:00	
Noon		Noon	
1:00		1:00	
2:00		2:00	
2:30		2:30	Travel Time
Time	Early Arrival	3:00	
	Airline: _____		
	Flight #: _____	4:00	4-8pm
		5:00	Viejas Big Band Alpine, CA  Instructor/escort Steve Whelan
6:00	6:30pm Dining at Trellises Town & Country Hotel Hotel Circle Meet Steve & Lauri Dinner & Dancing or	6:00	
7:00		7:00	
7:30	Travel time	8:00	Dining at Viejas Five Star Restaurant
	Dance lesson at Cheek-to-Cheek Dance Studio PB	9:00	

17	MONDAY	18	TUESDAY	19	WEDNESDAY
7:00		7:00		7:00	
8:00		8:00		8:00	
9:00		9:00		9:00	
10:00		10:00		10:00	
10:30	Reflexology & Ion Cleanse w/Bobbi	10:30			
11:00		11:00		11:00	
Noon	"Shop Till We Drop" Shop for dance clothes- Ross'	Noon		Noon	
1:00	Late lunch - Tamarind Thai	1:00		1:00	
2:00	<b>Optional:</b> Consultation w/ Dr. Scott Warner - Medical Intuitive By appointment. Charge For herbs	2:00		2:00	
2:30		2:30	Travel time		
3:00		3:00		3:00	
3:30	Travel time			3:30	Hatha Yoga-based Stretch Session w/ Helen
4:00		4:00	4 - 6pm Massage w/ Azure	4:00	
5:00		5:00		5:00	
6:00	Travel time	6:00		6:00	Travel Time
7:00		7:00	Dance Lessons Salsa Club* - Chula Vista or Café Sevilla* - S.D.	7:00	7-10pm
8:00	8-10pm Tio Leo's Tango	8:00	Dance Class Instructor/Escort Steve Whelan	8:00	Tio Leo's Dixie Land Jazz Live Band
10:00	Snack at Old Town or Coco's	9:00			

**ON-YOUR-OWN-TIME:**  
Walk around Chollas Lake or one of our lovely beaches or schedule additional appointments with one of our recommended practitioners.

**Optional:**  
Dining at:  
Cilantro Live-Carlsbad,  
Bay Beach Café - Coronado, or  
Peohes - Coronado

20	THURSDAY	21	FRIDAY	22	SATURDAY
7:00		7:00			8am - noon Sometime before checkout. Visit Detox w/ Emily (Living Foods to go)
8:00		8:00			Departure Airline: _____ Flight #: _____
9:00		9:00		Time _____	3:30 Travel time
10:00		10:00	10:30 - 12:15		4 - 4:15 Breathing - New person orientation
11:00		11:00	Reflexology & Ion Cleanse w/ Bobbi		4:15 - 5:40 Breath Session
Noon		Noon			6:30 Dining at Kensington Grill
1:00		1:00			8 Dancing "Destination Unknown" w/ Margarette
2:00		2:00			
3:00	Travel time	3:00		<b>23</b>	<b>SUNDAY</b>
3:30	3:30 - 5pm Facial w/Margo	3:30	Travel time		2:30 Travel time
4:00	<b>3:15 Optional:</b> Colonic w/ Bonnie or Karen or Jenny	4:00			4-5:30pm Viejas Big Band Instructor/escort Tom Lawrence
5:00	5:15 Manicure/Pedicure	5:00	5-7pm Dining at Trattoria Agua - La Jolla		5:30 - 6:30pm Dining at Viejas five star restaurant
6:00		6:00	Optional: Dancing - Balboa Park		6:30 Travel Time
7:00	7-9:30pm Lucky Star (University Ave.)- 23 piece live volunteer orchestra	7:00	7:30 Marriott La Jolla or Trellises		Alternate Departure Airline: _____ Flight #: _____
8:00		8:00	8:30pm Salsa lessons 9:30 Dancing Escort Joe Annino	Time _____	
9:45	Healthy snack at Coco's*	9:30	Optional: Bon Giorno's		