

A GETAWAY DAY IN OYSTER BAY



Eileen Lichtenstein
October 2009

Take a day away, meet folks, have fun, see beautiful fall colors, learn EFT to beat any procrastination or phobias! You ,may be wondering what these two “P” words have in common- it’s fear. All procrastination is fear based- even fear of success...



When: Sunday, October 25th, 2009 Noon-7:00pm
Cost: \$65:00

Spend a day with others who are looking for a new and different way to expand our horizons without breaking the bank. This affordable one day mini-vacation provides a balanced mix of rest and play. With this active retreat, you will have enough time to connect within, with others, and with nature.

- Continental brunch at the gazebo on the bay
- Fall foliage harbor sailing tour**
- A relaxing stretch and leisure walk along the water and into the hamlet of Oyster Bay
- Free time to browse, sightsee and shop
- EFT (Emotional Freedom Technique) Tapping workshop

with Eileen Lichtenstein,
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For more information and to reserve your spot
contact: Pamela Pfeiffer 516-458 9223 or
visit: balanceandpower.com