

Sisters IN STEAMBOAT weekend

Schedule of Events: "Sleepless in Steamboat"

3rd Annual 2011



The heart symbol indicates this activity is included in your registration fee and is free to attend, however, there may be a room or class limit, so make your reservations early by emailing: sisters@mainstreetsteamboat.com. The other activities have a nominal material/instructional fee, so please call to sign up and pre-pay to reserve your spot. *Thank you!* Registration questions? Tracy Barnett: (970) 846-1800.

Friday, October 14th

Old Town Hot Springs & Fitness Center 136 Lincoln Avenue (970) 879-1828 Open: 5:30 am – 10 pm All-Access Sisters' Pass ONLY \$8!
Soak in the warm mineral waters of eight, hot spring-fed pools, work out in the fitness center, take an exercise class, and get a massage. Show your red American Heat Association's wristband for special sisters' pricing and admittance.



All That Jazz's Soothing & Relaxing Music Listening Stations 601 Lincoln Avenue (970) 879-4422 Open: 10 am – 9 pm

Life Essential Spa 345 Lincoln Avenue. Call for Sister's Specials: (970) 846-0160 Valid all week: Oct. 10th-17th

Twilight Sleep Package – 1 hr 55 minutes: Begin your twilight sleep package with soft music and candlelight to help you transition to lullaby land. We'll use our Zenyama signature scent of lavender and vanilla to help you de-stress and relax all those sore muscles in your body. Without disturbing you from your slumber, we'll then give you a 45-minute facial and complimentary 10-minutes of infrared light therapy to keep you glowing all weekend long. Only \$159 (\$219 value)

Everlasting Dream Package – 2 hrs. 45 minute: A complimentary skin consultation followed by a 60-minute facial utilizing Astara Skin Care formulated with the finest botanical ingredients and purest emollients. Then, we'll tickle your fingers and toes with a delicious ice cream manicure and pedicure from MeBath! a decadent Neapolitan dessert without the calories. You'll be glowing from head to toe! Only \$189 (\$215 value)

Rocky Mountain Wellness Spa, Call for Sisters' Specials; valid October 13th-17th: Downtown at 435 Lincoln Avenue: (970) 870-9860 or at the Sheraton: (970) 871-6111. With any other treatments, "sisters" will receive 10% off any treatment and/or retail purchases.

"Sweet Dreams" Start with a 60-minute Flower Elixir Massage using our Quiet Mind Serum to help dissolve tension and sleep soundly, enhanced with a piece of Wei Relaxed Dark Chocolate and continue to drift away with a 30-minute Facial and complimentary (10-min. extra) scalp massage! 1 hour 40 minutes. Only \$160 (\$220 regular rate.)

"Lavender Lullaby" Our Euphoric Lavender includes hot stones to melt away tension and an Agave Nectar hot oil scalp ritual to keep your head in the clouds! This treatment ends with a Spa Pedicure. You'll feel relaxed from head to toe. 2.5 hours. Only \$216 (\$270 regular rate.)



Self-Guided Mineral Springs Tour All Weekend! See map in Welcome Bag.

 **Silent Meditation Walk at the Botanical Gardens** All Weekend! See map in Welcome Bag.


Noon – 4:00 pm **Early Registration: MainStreet Office** 703 Yampa St. (between Sunpies and Sweetwater restaurants) (970) 846-1800

 3:00 – 4:00 pm **Free Colorado Beer Tasting at Cellar Liquors** 730 Lincoln; downstairs (970) 870-8466

 5:00 – 7:00 pm **Welcome Reception!** Bud Werner Library 1289 Lincoln Ave. Upstairs in Main Hall (970) 846-1800

Mingle and meet new friends, catch up with your BFFs, sip special Sisters' beverages, sample a few tasty bites, and win prizes to cash in during the weekend or to take home with you. A multi-media presentation at 6 pm will highlight the enrichment workshops, programs, and activities scheduled for the weekend. Sign up for your workshops and activities online: sisters@mainstreetsteamboat.com, Friday night, or at Saturday's Continental Breakfast.

Saturday, October 15th

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Self-Guided Mineral Springs Tour All Weekend! See map in Welcome Bag.



Silent Meditation Walk at the Botanical Gardens All Weekend! See map in Welcome Bag.

8:00 – 9:30 am

Yoga

Yoga Center of Steamboat 701 Yampa St. Sister's Special \$10-arrive early; pay at door: (970) 870-1522



8:00 – 9:30 am

Continental Breakfast *sponsored by Creekside Café & Grill*

1289 Lincoln; Upstairs in Main Hall (970) 846-1800

Late Check-In & Registration for workshops, activities, and programs.



9:00 – 10:00 am

Keynote Talk: "Sweet Dreams" *with Dr. Ron Krall*

1289 Lincoln; Upstairs in Main Hall (970) 846-1800

"We spend one third of our lives asleep, but for most of us it's a dark and scary mystery, struggling to fall asleep, stay asleep, and stay awake when we need to. In today's pressure-cooked world, we do everything to avoid sleeping, yet sleep is the single most valuable thing to do to improve health." - *Dr. Krall is a member of the Executive Board of the Observational Medical Outcomes Partnership, the Institute of Medicine Forum for Drug Discovery, Development and Translation, the Scientific Advisory Board of Kala Pharmaceuticals, President of the National Sleep Foundation, and consults for a number of healthcare companies.*

9:00 – 10:00 am

Zumba *with instructors Evlyn Berge and Donna Mietsue*

Elevation Dance Studio at 326 Oak St.

Just show up 10 minutes prior to sign in and pay. Show your red AHA bracelet to receive the Sisters' discount. For more information, call Evlyn: (970) 846-1052.

10:00 – 4:00 pm

Look Like A Dream *with Comb Goddess*

on 11th St. in the Old West Bldg. Call to make an appointment: (970) 871-0606. Walk-ins welcomed, too.

Come and let Comb Goddess bring out the goddess in you with great "Sisters" specials:

Blowout & Style \$35

Mani-Pedi Combo \$50
Shellac Nails Combo \$40



10:15 – 11:15 am

Feng Shui: Deep Sleep & Dynamic Living with *Certified Feng Shui Consultant Nicolette Vajtay*

Where you place your bed affects how you sleep. Poison arrows under your bed keep you awake. Is the bedroom sensual and relaxing? What does your artwork say? Come, learn, and then rest well with Feng Shui in your bedroom and life.



10:15 – 11:45 am

Dream Journaling: Writing in the Dark with *Journal Expert Susan de Wardt*

Dreams are nature's way of processing unfinished daytime business. Journal Expert Susan de Wardt will show how to unravel the mystery of our busy nighttime minds with a notepad, pencil, and simple writing techniques.

10:15 – 12:15 am

Playful Painting with *Artist Sari Davidson MA Expressive Arts Therapy*

at The Depot over the bridge and railroad tracks on 13th St.

Rejuvenate your spirit by exploring the sensuality of color and your personal imagery. Paint, journal, move, and paint some more in a safe, supportive environment. No prior painting experience necessary. Call to reserve your spot: (970) 879-9032 or \$10 pay at the door.

10:15 – 12:15 am

'No Knit' Fiber Art Scarf with *instructor Sasha Nelson*

Sew Steamboat 929 Lincoln

Make your own 'no knit' designer fiber scarf. Yummy yarn, specialty stabilizer, thread, a sewing machine will be provided. Recommended for those with basic, sewing machine knowledge. \$20 includes instruction, sew machine usage, and materials. Call to reserve your spot: (970) 879-3222

11:00 – 2:00 pm

Dream Essential Trunk Show with *mimosas!*

Life Essential Spa, 345 Lincoln (970) 846-0160

Dream time shopping! We know you don't have time to shop all weekend, so we've gathered several local stores to have their products available at our spa: Tallulah, Fuzziwigs, Lulu Lemon Athletic Wear, Le Bateau Boutique, Zenyama and others await you! Enjoy mimosas, finger sandwiches and cupcakes, too!

11:00 – 12:30

Women's Cardio Defense Class with *2nd Degree Black Belt in Tae Kwon Do Martial Artist Alicia Wright*

Forever Fit, 345 Lincoln Ave. (above Bistro C.V.) Ste. 205

This workshop is designed for women to combine fitness-enhancing movements with practical skills that will uplift and inspire. Come experience an inner and outer workout with effective techniques and attitude adjustments to help create overall balance. \$10. Reserve your spot: (970) 846-9997.

11:30 – 12:30 pm

Design Greeting Cards Workshop with *Creative Instructor Christina Erickson*

Off The Beaten Path Bookstore 68 9th St. ½ block off Lincoln.

De-stress and be creative while playing with stamps and fun accessories to make greeting cards. \$15 includes materials and four greeting cards to take home. Reserve your spot with pre-pay or at door: (970) 846-7446.



11:30 – 12:30 pm

Peaceful Mind in a Hectic World with *Glenna Olmsted Meditation Practitioner of 14 years*

Experience authentic Buddhist meditation for practical, everyday use in a busy life. Learn how to calm your mind anytime, anywhere even when life is chaotic.

12:45 – 2:45 pm

Cooking Workshop with *Chef Nicolette*

City Café Located in Centennial Hall 124 10th Street

Join Chef Nicolette in a hands-on, creative workshop to make applesauce, salad dressing, and chutney together. Taste test as you go and make and take home a sample basket to dazzle your friends. Learn how to modify these recipes and use the same techniques to make baby food, pasta sauce, and marinade. Bring your sense of humor—no cooking experience is necessary—just expect to make new friends in the kitchen! \$15 includes instruction and supplies. Please pre-register: (970) 846-1135.

1:00 – 4:00 pm

Tarot Card Readings with *Susan de Wardt*

Getting in touch with your inner resources is the first step to having the life that you only imagined possible and finding a new direction. \$1/minute. 15 min. Reservations required: (970) 846-6562. Sold out in previous years. Private sessions at your lodging also available.



1:00 – 2:00 pm

“Sleep Solutions: How to Catch More ZZZ’s” with *Michelle Watters-Yackey*, Registered Polysomnographic

Technologist of the Yampa Valley Medical Center’s Sleep Study Center

Learn about the basics, healthy sleep tips, sleep needs for all ages, sleep deprivation and its consequences as well as the prevalence, symptoms and risks associated with major sleep problems.



1:00 – 2:00 pm

Mindfulness and Meditation for Dummies with *Facilitator Phyllis Coletta*

Want to meet and silence your “Monkey Mind”? Learn the basics of the Buddhist practices of mindfulness and meditation. Bring an open mind along with your sense of humor.

1:00 – 2:00 pm

African Drumming with *Musician Cary Kamperschroer*

Along Yampa River, in the backyard of the MainStreet Office 703 Yampa St. (between Sunpies and Sweetwater restaurants) weather permitting; otherwise inside.) This fun and easy, beginning *djembe* African drumming class will have you beating stress out of your life instantly. Learn basic techniques for the *djembe* and rhythms from a traditional African tune. \$15 with drums provided for the first ten participants; \$10 with your own *djembe* or other hand drums. No musical experience necessary—come for the fun of it!

1:00 – 2:30 pm

Creative Photography Excursion with *Lizzie Larock of LaRock STAR Creative*

Meet at Old Town Pub corner of Lincoln & 6th; enter on 6th St. upstairs in studio.

Learn the art form of right-brained photography where the image matters—not the F-stop. Any kind of camera can be used from high end DSLR to low-tech iPhone apps. The emphasis of this class is to use whatever you have to make creative photos that reflect your perspective. \$10 includes a take home print of your work: (970) 846-4806



2:00 – 3:00 pm

Sanctuary and Sanity with Interior Designer Irene Nelson

1305 Manitou; only ½ mile from the Bud Werner Library

Come and see interior designer Irene Nelson’s personal sanctuaries at her home. Discuss with Irene how to create your sanctuary at your house. Tea and crumpets will be served. Call for your reservation: (970) 846-7596

2:00 – 3:30 pm

Wiking: Hiking & Wine Tasting with Cellar Liquors’ wine expert Stephanie Reineke

An easy hike up to an undisclosed location takes us to a fun wine tasting! Beautiful wines paired with chocolate creates an enlightening session led by our expert, Stephanie Reineke: \$10. Call or email to reserve your spot: (970) 870-8466 or slr@cellarliquors.com.



2:00 – 3:30 pm

Historical Downtown Walking Tour with Docent Katy Taylor

Meet outside at the Treads of the Pioneer Museum, corner of Oak & 8th St. Call to reserve your spot on the tour: (970) 879-2214.

2:00 – 4:00 pm

It’s A Wrap (Bowl)! with Palmer/Pletch Sewing Instructor Gayle Dudley

Sew Steamboat 929 Lincoln

Make a beautiful bowl from clothesline and fabric using simple wrapping and coiling methods and zigzag stitching. Recommended for those with basic, sewing machine knowledge. \$20 includes instruction, sew machine usage, and materials. Call to reserve your spot: (970) 879-3222.

7:30 pm – 10:30 pm

Pajama Party!

Bud Werner Library 1289 Lincoln Ave. (970) 879-0240. Upstairs in the Super Lounges.

Sunday, October 16th

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Check back for confirmed times:

Zumba Gold with instructors *Evlyn Berge and Donna Mietsue* \$10

10:30 – 11:30 am

Yoga

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10:00 – 11:30 am

Breakfast in the Books: A Coffee, Pastry & Book Tasting with bookstore owners *Ron and Sue Krall*

Off The Beaten Path Bookstore 68 9th St. ½ block off Lincoln.

Sit back and enjoy learning about some of the best of the autumn season's books while savoring tastes of Steamboat's finest coffee and Off the Beaten Path's baked pastries and quiche. Call (970) 879-6830 to reserved your spot and pre-pay: \$15 or \$25 for two "sisters".

All weekend long—sisters receive a 20% discount off all book purchases.

Please note: Enrichment workshops, programs, and activities are subject to change.