

# Life Balance Retreat - Learn the 1000 year old Secrets to balancing your Life & acheiving happiness!

*Find Your Balance Within! We provide a 3 day retreat just outside Lake Louise at the beautiful Baker Creek Chalets. Baker Creek Chalets.*

Allan H. Fine of The Executive Edge, Calgary, Alberta Canada , Canada's fastest growing city Presents- Learn the 1000 year old Secrets to balancing your Life & acheiving happiness! Find Your Balance Within! We provide a 3 day retreat just outside Lake Louise at the beautiful Baker Creek Chalets. Baker Creek Chalets - Nestled in a peaceful wooded setting, beside Baker Creek and beneath the majestic Canadian Rockies. May 23rd, 24th , 25th.

This camp is highly experiential. Participants will not learn "how to" be someone at one with their mind and body, they will practice being one.

Allan H. Fine, Calgary's ONLY Certified Fitness Lifestyle Coach, is an internationally recognized authority in the areas of personal fitness training, nutrition and life coaching and has combined the three in this amazing unprecedented, mind, body and life-altering program called LIFE BALANCE RETREAT.

The techniques in this program are so practical that they can be used by anyone to end self-sabotage and break through the mental and physical barriers to peak performance, and accomplish more in less time with less effort, less resistance, less stress, and less frustration. GUARANTEED!

Participants will experience a fitness boot camp, have their choice of 4 of the following. Massage, Manicure, Pedicure, Facial, Horseback Riding and hike. Be treated Gourmet fitness chef meals, experience 2 life coaching seminars and all the while stay at the peaceful wooded setting, beside Baker Creek and beneath the majestic Canadian Rockies known as Baker Creek Chalets.

This retreat is the first of it's kind as no one has ever brought all the events into one weekend.

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Executive Edge Fitness Training  
and Lifecoaching and Consulting services

<http://lifebalanceretreat.com>