



in association with



# BOOKING FORM

## DCC Wellness Workshops

Book today for one or all six of the DCC Wellness workshops. Below are details of each workshop, please tick the box for the workshop/s you are interested in attending and complete the member details at the bottom of the booking form.

**COST: R195p/p per workshop (incl light lunch)**

**Book for all six and get 15% off**

**WORKSHOP 1: MAKE OVER YOUR MIND, BODY, HOME AND SOUL**

Date: 14 August 2010

Time: 09h00 – 13h00

The Ready Set Go team help you kick start an **all-over make-over**

**Detail:**

**Make-Up – Wardrobe – Photo Shoot – Décor – Giveaways – Goal Setting**

**Guest Speakers: Well known local image consultant, Lynne McMaster & professional make-up artist Aldytha da Silva (professional make-up artist)**

**WORKSHOP 2: SPRING CLEAN – DETOX - CLEANSING**

Date: 11 September 2010

Time: 09h00 – 13h00

The Ready Set Go team will get you started with the annual spring clean

**Detail: Out with the Old – Give Back – Detox Plan – Clear the Clutter – Become Aware**

**WORKSHOP 3: LEADING A BALANCED LIFE**

Date: 16 October 2010

Time: 09h00 – 13h00

The Ready Set Go team show you how to lead a balanced life and still have fun. **Detail: Wine Tasting – Balancing Energies – Prioritizing – Meditation - Moderation**

**WORKSHOP 4: RE-IGNITING YOUR PASSION FOR LIFE...TRY NEW THINGS**

Date: 20 November 2010

Time: 09h00 – 13h00

The Ready Set Go team shows you how to get back your passion and try new things. **Detail: Cocktail Making – Therapy – Exercise on the Go – Summer Entertaining**

**WORKSHOP 5: RELAXATION GALORE**

Date: 11 December 2010

Time: 09h00 – 13h00

The Ready Set Go team shows you how to relax...get ready for the Festive season!

**Detail: Learn Massage – DIY Spa – Relaxation Tools – Yoga – Relaxing Getaways**

**WORKSHOP 6: MIND POWER – THE WILL TO DO ANYTHING**

Date: 29 January 2011

Time: 09h00 – 13h00

The Ready Set Go team show you how to get back on track and face the New Year with renewed enthusiasm.

**Detail: Challenge – Visualisation – Inspiration – Special Guest Speaker**

Name: \_\_\_\_\_

M/Ship No (if applicable): \_\_\_\_\_

Contact No: \_\_\_\_\_

Email Address: \_\_\_\_\_

No. of Pax: \_\_\_\_\_

**Cancellation Policy:**

Kindly note that cancellations made less than 7 days prior to the workshop will be subject to a 50% cancellation fee. No shows on the day will be charged in full.

Please fax this booking form to Kelly on 086 663 7385 or email to [kelly@dclub.co.za](mailto:kelly@dclub.co.za)

Look forward to seeing you at the workshop!