

Overworked Professionals May Finally Get a Break



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Press Release Summary: Time for Me Retreat Helps Create a Satisfying Work-Life Balance and Gives Overworked Professionals Opportunities to Relax and Renew

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In today's economy, workaholicism is often praised and even encouraged. The sad truth is, for those who wear themselves out working too long and too hard, the cost they pay may be their health, their relationships, and eventually, their ability to do their work well.



A recovering workaholic has designed a weekend getaway meant to introduce work-life balance, as well as some fun and relaxation to those of us whose lives have been so unbalanced that there hasn't been enough – if any – Me Time.

The Time For Me retreat, from **March 27th through March 29th**, 2009 at the Mimslyn Inn in Virginia's spectacular Shenandoah Mountains, is the perfect getaway from too much responsibility.

Attendees will be instructed, inspired, and re-energized by work-life balance experts like New York Times best-selling author **Barbara Sher** (<http://www.BarbaraSher.com>) and world traveler / photo-journalist **Robin Sparks** (www.RobinSparks.com).

And to make sure you practice what they're preaching, there will be wine-tasting, massages, belly-dancing, Tai Chi, pottery and photography workshops, as well as time to just relax, take a nap, take a bubble bath, or take a walk.

To take advantage of the \$550 early-bird price (a \$125 savings off the regular price of \$675), make your reservations on or before January 15th.

For details about the **Time For Me Retreat**, including a complete list of speakers, a schedule of activities, local attractions, and information on transportation and lodging, visit <http://www.NoTimeForMe.net>.

Web Site: <http://www.NoTimeForMe.net>

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