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FOR IMMEDIATE RELEASE

Two Bunch Palms and Sycamore Mineral Springs Resort Announce Four New Retreat Programs for 2007

DESERT HOT SPRINGS, CA (November 9, 2006) – Looking for enlightenment in the New Year? Reshape your idea of rest and ponder new perspectives on aging, life transitions and more in 2007 with four new health and wellness retreat programs offered at both Two Bunch Palms Resort & Spa in Desert Hot Springs, CA and Sycamore Mineral Springs Resort in San Luis Obispo, CA.

New program topics include The Art & Science of Aging Well; Life in Transition: Grief, Loss and Change; Spa Sisters; and Bel Far Niente (The Beauty of Doing Nothing): The Art and Intention of Retreat. Each of the 5-night retreats will be offered twice in 2007 – once at each of the sister hot mineral spring retreat resorts.

"Our new retreat program schedule offers guests an opportunity to become immersed in supportive, healing environments, while also engaging in new thoughts and discussion surrounding conscious, healthy living," explains Deborah Morris Coryell, health and wellness director for King Ventures, owner of both properties. "It's the beginning of a journey toward a more inspired and insightful life."

Retreat program details are as follows:

- The Art & Science of Aging Well: Aging is an adventure – an exciting journey on the path toward wisdom. Discover the art and science of healthy, vibrant aging with facilitator Gary Foresman, MD, who will guide retreat guests in new perspectives on nutrition, exercise, stress reduction, traditional healing systems, spiritual practices and more. The all-inclusive retreat is offered at Two Bunch Palms February 4-9 and at SMSR May 13-18.
- Life in Transition: Grief, Loss and Change: Life is synonymous with change – yet most change goes unacknowledged until something BIG happens, such as a death, a divorce or a catastrophic financial shift. Join facilitator Deborah Morris Coryell, author of "Good Grief: Healing Through the Shadow of Loss," as she assists guests in becoming truly present with life's profound changes by weaving the challenges of loss and separation into a tapestry of life filled with love. The all-inclusive retreat is offered at Two Bunch Palms February 25-March 2 and at SMSR November 11-16.
- Spa Sisters: Most women are committed to looking and feeling their best, yet they sometimes lack the education and support required for success. Facilitator Debbie Kaminski, R.N., sheds light on crucial

female-specific topics such as nutrition, fitness, environmental attunement, emotional sensitivity and even hormones in an effort to guide retreat guests toward a full, happy and healthy life. The all-inclusive retreat is offered at Two Bunch Palms March 4-9 and at SMSR September 16-21.

· Bel Far Niente (The Beauty of Doing Nothing): The Art and Intention of Retreat: We are a culture of overachievers in a society that never takes a pause – leaving us with little time to reflect and recharge. Refill the reservoirs of mental clarity, physical resources, emotional well being and spiritual insight with facilitator Deborah Morris Coryell, who will provide you with the healing arts tools to successfully take a time out. Discover how the science of breath, self-inquiry, meditation and more can affect your creativity, your health and your overall well being. The all-inclusive retreat is offered at Two Bunch Palms May 20-25 and at SMSR October 21-26.

Retreat program costs are \$2,900 (\$4,700 for double occupancy) at Two Bunch Palms and \$2,800 (\$4,600 for double occupancy) at Sycamore Mineral Springs Resort. The package price includes luxury accommodations, meals and a daily schedule that consists of a mind-body class, a focus group with the program facilitator, a spa treatment, mineral springs soaks, integrative free time and more. A complimentary gift basket, along with transportation to and from local airports, is also provided.

To make reservations for any of the new retreat programs at Two Bunch Palms, please call (800) 472-4334 or visit www.twobunchpalms.com. For reservations at Sycamore, please call (800) 234-5831 or visit www.sycamoresprings.com.

Two Bunch Palms Resort & Spa, a 256-acre natural hot mineral springs desert oasis, features suites and villas, a California-cuisine restaurant and a world-renowned spa with more than 45 treatments. A natural lithium mineral hot spring grotto flows through the heart of the property, surrounded by beautifully landscaped gardens and preserved wilderness areas. The resort also offers private hot mineral tubs, a pool, saunas and private tennis courts.

Sycamore Mineral Springs Resort, an integrative retreat centre, rests atop hot mineral springs and spans more than 100 acres of forest, hills and meadows in San Luis Obispo. It offers guests an exceptional opportunity to restore the spirit, nourish the mind and heal the body. The resort is located at 1215 Avila Beach Drive in San Luis Obispo, on the road to Avila Beach.

For additional information or images of either property, editorial media may contact Jordan Schultz at On the Horizon Communications (805) 773-1000 or jordan@thepressroom.com.