



## Tee-Off, Tune Up Weekend October 10 - 12, 2008

### This exclusive package includes:

- Two-night lavish accommodations in a Grand Guestroom
- Welcome cocktail reception
- One (1) round of golf on San Diego's only Tom Fazio-designed golf course (per person)
- One (1) group golf lesson with The Grand Golf Club pros (per person). Options include: a putting lesson, a custom club fitting, a full swing lesson, or a pitching and sand play lesson.
- One (1) 60-minute luxurious spa treatment (per person) at our blissful, Renaissance-inspired spa
- Wellness seminars by educator Martha Abbot, a professional level Kripalu yoga teacher, certified in movement therapy, motion processing, DansKinetics and Bodywork. Ms. Abbott has taught across the U.S., Canada and Europe for more than a decade.
- Organized fitness classes
- A guided hike through serene Los Peñasquitos Canyon Preserve
- Daily breakfast
- Complimentary valet parking

### Schedule of Events (subject to change):

#### Friday, October 10

Through 6:00 pm	Arrival at The Grand Del Mar
4:00 pm - 5:00 pm	Danskinetics class with Martha Abbot
4:00 pm - 5:00 pm	Golf instruction appointments
6:00 pm - 7:00 pm	Welcome Cocktail Reception with Spa Director Robin Jones and her team, as well as Director of Golf Shawn Cox and The Grand Golf Club Pros
Dinner on own*	Reservations available at Addison, the resort's signature fine dining restaurant, and Amaya, featuring Mediterranean-inspired cuisine

#### Saturday, October 11

Breakfast on own*	Options include in-room dining, Amaya, The Clubhouse Grill, and Cent'Anni - a gourmet café for breakfast on-the-go
8:00 am - 6:45 pm	Spa appointments available
8:00 am - 9:00 am	Yoga Class
8:00 am - 9:00 am	Golf instruction appointments

### Saturday, October 11 (cont.)

9:00 am – 10:30 am	Grand Mesa Hike in Los Peñasquitos Canyon Preserve with resort naturalist
9:30 am – 10:20 am	Tee times available
9:30 am – 11:30 am	Spirit in Motion seminar with Martha Abbot
11:00 am – 12:00 pm	Golf instruction appointments
Lunch on own*	Options include in-room dining, Amaya, Poolside, The Clubhouse Grill, and Cent'Anni – a gourmet café
1:00 pm – 2:00 pm	Tee times available
1:00 pm – 3:00 pm	Spirit in Motion seminar with Martha Abbot
3:30 pm – 5:00 pm	Grand Mesa Hike in Los Peñasquitos Canyon Preserve with resort naturalist
3:30 pm – 5:00 pm	Golf Fitness seminar with Titleist Performance Institute Custom Workout Screening
Dinner on own*	Reservations available at Addison, the resort's signature fine dining restaurant, and Amaya, featuring Mediterranean-inspired cuisine

### Sunday, October 12

Breakfast on own*	Options include in-room dining, Amaya, The Clubhouse Grill, and Cent'Anni – a gourmet café for breakfast on-the-go
8:00 am – 6:45 pm	Spa appointments available
8:00 am – 9:00 am	Golf instruction appointments
9:00 am – 10:00 am	Yoga Class or Fitness Walk
9:00 am – 10:00 am	Tee times available
10:30 am – 11:30 am	Meditation and Pranayama seminar with Martha Abbot
Lunch on own*	Options include in-room dining, Amaya, Poolside, The Clubhouse Grill, and Cent'Anni – a gourmet café
3:00 pm	Departures, complimentary late check-out

\*Please note: Daily breakfast is included in the package price. Lunch and dinner are not included.