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## GOLF SAFARIS FOR WOMEN TEE OFF ON THE MONTEREY PENINSULA

Carmel, California - Manifesta Safaris for Women introduces Las Verdes Golf Safaris. Specifically designed for women, the three to four-day safaris will include lodging at the Cypress Inn in Carmel-by-the-Sea, professional female golf instructors, massage, yoga, and gourmet dining. The first safari will tee off in early October of 2006.

"Las Verdes Golf Safaris will introduce women to the challenge, beauty, fun and zen of golf on their own terms" says founder Bev Sanders. "Our style is supportive and non-competitive - we don't keep score. Our focus is on playing, not winning. The experience is complimented with luxurious accommodations and attention to detail."

Honored by Golf For Women as one of America's most women-friendly facilities, guests will enjoy personalized daily practice sessions at the course at Quail Lodge. The traditional-style, full service course offers 6,500 yards of play for golfers of all skill levels, with three sets of tees on each hole. A tree lined, par-71 course meanders along the Carmel River which rests in a sunny mountainside setting. For 19th-hole relaxation, the lodge features spa facilities, a wellness center and gourmet dining. Guests will also have time to wander the many nooks and crannies of Carmel-by-the-Sea. Village accommodations are a short walk from both the white sand beaches, galleries, and boutiques.

Easing up to the fairways and onto the greens at their own pace, guests will be taught by LPGA professional golf instructor, Katherine Nino. The co-owner of Tee to Green, a women's golf retail store in Carmel, Nino holds a Ph.D in sports psychology. While focusing on rules, etiquette and techniques, she will also teach the guests how to master the mental aspect of the game.

With a history of introducing women to male dominated sports, Sanders believes golf is well suited to female strengths and traits. "Golf demands patience and persistence, thoughtfulness, good decision making, problem solving, willingness to take instruction, and practice - all things women are good at. "It's also about relaxing, forging friendships, connecting to the outdoors, and wearing cute golf shoes."

Sanders started Manifesta in 1997 when she designed and founded the highly successful Las Olas Surf Camp for Women. Based in a small village on the Pacific Coast of Central Mexico, Las Olas is the "World's Premier Surf Safari for Women" and has introduced thousands of women to the sport and lifestyle of surfing. In 2005, Sanders created Artista Creative Safaris in Carmel, California, featuring intuitive abstract painting excursions. With a core commitment to help women reach their full potential and provide a life altering experience, Manifesta's mantra is "we make girls out of women."