

## **A Journey through Wellness: A Celebration of You**

This retreat combines educational workshops with wellness treatments. Participant will spend the day in a rotation schedule that combines learning, pampering and loving themselves.

This retreat will last most of the day. And that's a good thing. After all, when was the last time you gave a day completely to yourself? Isn't it time?

This particular retreat is limited to 6 people. So if you are interest fill out the contact form on the contact us page so you can be at the top of this short list. When all 6 slots are filled, any additional names will be added to a waiting list.

Be sure to provide your contact information, including a contact number and address in the comment section. This information will be used to mail the retreat date, full retreat description, itinerary, and associated fees.

Should any of the first 6 decide not to participate for any reason, your name will be bumped up and you will receive retreat information.

**We Hope You Join us as We Celebrate You!!!**