



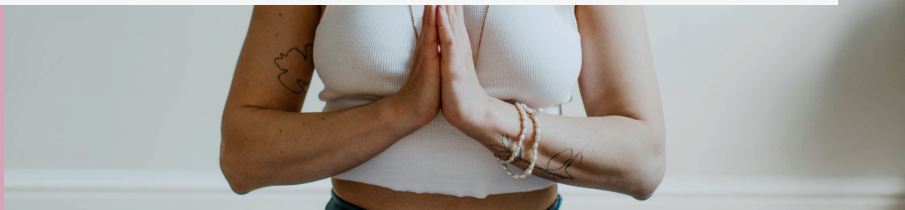
1-DAY GET-AWAY  
 SATURDAY, MAY 18  
 8:30 AM - 2:00 PM (BYO LUNCH)

# Women's Rejuvenating Self Care Retreat

Big Foot Recreation - Walworth, WI  
 \$65/pp



100% PURE NATURAL  
 OILS WILL BE USED THROUGHOUT THE DAY



Enjoy an amazing day of pure relaxation, self-care and fun right in your back yard!

**Lauren Porstner from An Amazing Place** invites you to relax and release all your worries. She helps you to slow down, breathe deeper, and turn your focus inward, becoming quiet so you can hear your own inner voice. She'll guide you through rejuvenating meditations & visualizations, breathing techniques, yoga, and QiGong, all calming and soothing the body, mind and spirit.

**John Stolfe** will start our day with a playful drum circle to get us connected and centered.

**Preston Klik's Ocean of Devotion Sound Healing** will deepen our inward awareness and connection to ourselves and others.

Fun and creative group crafts (that you take home) will inspire and help you to maintain clarity, keeping your focus purposeful and aligned with your priorities.

Register here



262-275-2117