



## “Personal Power Retreat for Women” – Believe, Become...

The intersection of good company, amazing food, private, customized workshops for improved wellness for your body, mind and spirit....



### IF you are a woman who:

- Could benefit from a pattern interruption – a change of scenery, some time for focusing on YOU instead of everyone/everything else and a beautiful setting to do some self-reflection
- Feels ready to make some positive changes in your life and could use some gentle compassionate support from a professional coach and unbiased feedback from other powerful women
- Wants to re-commit to your own self care practices – the physical, emotional, and spiritual ones that could enrich your life and create more satisfaction
- Has an open mind and could learn how to challenge your limiting beliefs and develop new strategies to develop a kinder, more positive relationship with yourself

Then we would love to welcome you to a “Personal Power Retreat” !