

HUMBLE WARRIOR

Wellness & Yoga Retreat

November 8-10 | Lake Lanier, GA
\$50 refundable registration fee

We at Humble Warrior understand the power and comfort of connecting like-minded Humble Warriors. We use yoga, meditation, journaling, and plant-based meals to build a lifestyle that reduces stress and enhances overall well-being



These experiences are no cost for women veterans and women first responders; there is a \$50 **fully refundable** registration fee.

Space is limited - reserve your spot now!

During this weekend:

- Relax at a beautiful lake house
- Enjoy yoga and meditation sessions daily
- Join other female veterans in revitalizing activities, including kayaking and paddle boarding

- Enjoy whole food, plant-based meals to nourish the body
- Nourish your spiritual health with journaling sessions designed to help you explore Peace, Love, and Joy

For more information, please visit:
www.humblewarrior.org



Humble Warrior
WELLNESS & YOGA