



Humble Warrior

WELLNESS & YOGA

Serving women who served

Retreat: April 26-28, 2019; Jasper, GA

Join us for a wellness and yoga weekend retreat!

We at Humble Warrior understand the power and comfort of connecting with 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.

The 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 newly remodeled, luxurious cabin in scenic Blue Ridge
- « Enjoy daily yoga and meditation sessions
- « Join other female veterans & first responders in revitalizing indoor and outdoor activities
- « Enjoy whole food, plant-based meals to nourish the body and support your well-being
- « Nourish your spiritual health as we end the retreat with a journaling session designed to help you explore Peace, Love, & Joy.



For more information & to register, please visit: www.humblewarrior.org