

RETREAT OVERVIEW

Unlocking Opportunities for Growth and Excellence

RENEWAL and TRANSFORMATION, a Women's Retreat set in the rolling hills of NE Oklahoma, provides a stunning setting to relax and to renew your soul and spring goals! Spring is a time of great transformation in the earth and within ourselves. Join us and together we will explore powerful art images, breath and moving practices that encourage renewed transformation and integration into our personal daily lives.



SPRING RETREAT \$199

April 13-14

detailed schedule provided upon booking

Led sessions will guide you through transformative practices, including exploration of powerful art images and invigorating breath and movement exercises. As day melts into evening, indulge in delectable meals thoughtfully prepared and provided for you, fostering both nourishment and connection among fellow participants. After a restful night's stay in cozy overnight lodging, wake up to a delicious breakfast, ready to continue your journey of self-discovery and transformation.

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OPTIONAL NIGHT ADD-ON:

April 12-13

\$99

Extend your retreat experience with an optional extra day! Arrive the night before to ease into a more relaxed schedule. Immerse yourself in the therapeutic art of pottery, a hands-on experience designed to deepen self-awareness and relaxation. Enjoy a pottery demonstration followed by a guided session where you'll hand-build a meaningful piece to represent the weekend. This additional day sets the tone for your retreat, allowing you to unwind and connect with your creative spirit before diving into the main program.

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Register now at www.1344Ranch.com

