

Mary Hollan

Retreat Facilitator

sponsored by Sedona United Methodist Church

TOOLS FOR THE SOUL

NOVEMBER 1,
2025

*join us for our first women's
retreat as we explore:*

*The Seven Pillars of Self-Care

*Music and Meditation

*Self- Compassion-
Making a U-Turn

*Self-Care Through
Community

Register at: www.sedonaumc.org/retreat

cost \$55 includes breakfast and lunch

Time and Location:

Sedona United Methodist Church

110 Indian Cliffs Rd

Sedona, AZ 86336

8:30 AM-4:00 PM

