

A Day Away: Breathe, Move & Create



Hosted by

Save the Date

SATURDAY, AUGUST 23, 2025

**Step away from the noise
and root yourself in a day
of gentle renewal at Eagle
Ridge in Moravia, NY.**

RETREAT ATTENDEES SAY:

"Great experience! A unique way to take a break."

*"Thank you for creating a retreat that was
encompassing of whole self - body, mind, spirit."*

*"This is a great opportunity to pause and
do something good just for you."*



**Mindful
Health Coach**

**Heartbeet
Gardenscapes**



Details & RSVP launching May 30th!

a. graff
MINDFUL
health coach

HEARTBEET
GARDENSCAPES