

A ONE-DAY SELF-EMPOWERMENT RETREAT



THE POWER WITHIN

Reconnect • Release • Restore • Rise

Step away from the noise of everyday life
and spend an afternoon reconnecting with
the strength, wisdom, and confidence
already within you.



MEDITATION
& TEACHING



EFT
HEALING



CREATE YOUR
TOUCHSTONE



RESTORATIVE
YOGA



SOUND
BOWLS



REFLECTION
& GRATITUDE



Nourish your body with a light snack break

FRUIT, NUTS & LEMON WATER PROVIDED



NOON – 5:30 PM



COME AS YOU ARE. LEAVE FEELING GROUNDED,
RESTORED, EMPOWERED & MORE DEEPLY CONNECTED TO YOURSELF.