



# Strong Woman Ways

A Shanti Rising Day Retreat  
to decolonize our feminine relationships

**SATURDAY APRIL 27, 2024**

**8:45 AM - 5 PM** 🌙 **\$175**

*AQUA HOT SPRING, NATHROP, CO*

Join a small group of woman for a day of releasing, reclaiming and realigning through an indigenous perspective.

*Talking Circle / Energetic Listening Practices / Mindful Movement / Breathwork / Sound Bath*

*Lunch and mineral hot spring soaking in our private pool included.*

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