

# Renewed Connection



Come and find a renewed sense of connection as we nurture our bodies and minds through nature and horses.

Rainfall Therapy and Consulting's Women's Retreat is being hosted by Gordon's Green Gables in Hugo, MN. This small intimate retreat setting is for those wanting to reconnect with themselves or others; gain an understanding about whole body wellness using nature and horses; and finding self awareness.

### *What to expect*

- \*Finding a greater connection to self
- \*Breath work
- \*Yoga Flow session
- \*Connection with horses (no riding involved)
- \*Understanding physical and mental health as women
- \*Mindful eating
- \*Meditation walk

**9am-3pm Saturday October 9th**

Lunch will be provided

Cost: \$400

(payment plans and partial scholarship available)

Limit 8 people

Register by calling 651-376-3470 or emailing:

[rainfalltc@protonmail.com](mailto:rainfalltc@protonmail.com)

## ***Frequently Asked Questions***

### ***Covid 19 response***

This is a fully outdoor event, however we will be requiring those who attend to be fully vaccinated due to the intimate nature of the event.

### ***What's your cancellation policy?***

No refunds unless the event is canceled by the organizer. This would occur in the event of severe weather. In this case you would be refunded or the money could be placed towards the next scheduled retreat.

If you miss the event, the cost of your ticket will be donated to a scholarship fund for those in financial need to attend the next retreat.

### ***How can I prepare for the event?***

Bring sunscreen, bug spray, yoga mat, and water. Wear closed-toe shoes for working with the horses.

Most importantly, bring an open heart and an open mind.

