



Sponsored by The Lulu House in collaboration  
with Mind Body Soulstice, LLC

# STUDENT WELLNESS DAY RETREAT

March 21, 2026

10:00 a.m.-1:00 p.m. OR 12:30-3:00 p.m

at The Lulu House

Discounted Student Rate: \$25

## OUR OFFERINGS:

- Somatic Exercises & Embodiment Practices
- Guided Writing Reflection
- Guided Meditation & Breathwork
- Intro to Herbal Medicine
- Fresh Juice Extraction Demo
- Refreshments Provided
- Explore Property & Complimentary Wellness Amenities
- Door Prizes & Grand Prize Day Spa

SIGN UP TODAY,  
SPACE IS LIMITED!



VISIT [WWW.THELULUHOUSE.COM](http://WWW.THELULUHOUSE.COM)  
FOR MORE INFO. & FUTURE EVENTS



Hosted by:  
Miniya Williams (c/o '22),  
Founder & Facilitator, Mind Body Soulstice  
Learn more at [www.mindbodysoulstice.com](http://www.mindbodysoulstice.com)