

SATURDAY, FEBRUARY 17th



BOARD RETREAT

Presented by Mindful Wellness LLC

A FULL-DAY IMMERSION TO FOCUS ON YOUR AUTHENTIC LIFE AND YOUR IDEAL OUTCOMES.



HEAR IT FROM PAST PARTICIPANTS...

We had the most exceptional day with [Kristin Johnson Bott](#) of [Mindful Wellness, LLC](#) and her magnificent tribe of women she leads. It was inspired, FUN, energizing, connected, SUPPORTIVE, elevated and life-changing. Pause. You Matter. Dare Greatly. Reach out and sign up for Kristin's next Vision Board Workshop. We meditated, snacked, dreamed, refreshed, cheered, yoga'd, hugged and held each other up. Together we created a supportive space that buzzed with focus and clarity. Oh, and we laughed and hi-fived as tears and emotions came up. It was glorious; immersed in a beautiful, safe environment: Brix and Mortar Co-Working space, overlooking the Capitol, State Street and Lake Monona. ~ Melanie K 🎧📷🚗💖🤗🌞🎵🎶🌸🙌🏻👏🎉🥂🍷

I was able to really define my purpose - it isn't just remotely going from day to day, but rather picturing the things I truly want in my life physically, emotionally, mentally, spiritually, financially, career base and relationally. I found I am getting really transparent...by visualizing what I want it becomes a part of who I am and these things naturally attract to me. I have already noticed a large shift since the workshop last weekend and I am a better person because of it. Thank you for giving me hope. ~ Kathy K ☺

DETAILS....

WHEN? Saturday, Feb. 17th 9am - 4pm
WHERE? Brix & Mortar Co Working ~33 W. Mifflin St., Madison
WHO? Anyone who wants to CREATE an amazing 2018!
WHY? Give yourself the TIME, SPACE, GUIDANCE and FOCUS needed to create the future of your dreams! We are literally planting the seeds for all you imagine to unfold~ *OUR THOUGHTS & WHAT WE FOCUS ON DRIVE OUR RESULTS, SUCCESS & DESTINY!*
HOW? Sign Up at:
www.mindfulwellnesscoach.com/upcoming-events

For more info: EMAIL
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