

Women's Wellness Retreat at Bend of Ivy Lodge Asheville, NC June 6-10, 2019



*IT IS TIME TO BEGIN FINDING YOUR
WAY BACK HOME AGAIN.*

*Gift yourself with a beautiful, unique 5 day
retreat tailored to all women.*

*How would you show up in the world if you weren't stuck in overdrive
and
under-nourished in self-care?*

*At the gorgeous Bend of Ivy Lodge, Pamper yourself with:
5 nourishing days of FUN activities (Yes please!), insightful and life enhancing
conversations, time in the woods and by the river, delectable organic food, fresh
pressed juices, champagne, gentle and freeing yoga, delicious massages, mini
reflexology sessions, spirit-nourishing experiences and 2 very special excursions.
(with more treats and surprises in store!)*

*With Jennifer Rose Lazinsk CHC, OT/L
and Katelin Mora Ryan ERYT, NLP/P*

*For more details and to sign up, visit
jaderetreats.eventbrite.com*

