

CREATIVITY & SELF-CARE RETREAT WITH JOAN & PHYLLIS

Nourish!



JOIN US FOR HIKING, MEDITATION, ART AND MINDFUL EATING!

AUG. 13-16, 2017 * SHADOWCLIFF LODGE * GRAND LAKE, CO

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Feeling overwhelmed with your busy daily life? Ready for a refreshing break? Join your guides, Joan Gregerson and Phyllis Guy, for three days of creativity and self-care!

- Nourish your body, mind and soul with hiking, meditation, art and mindful eating.
- Learn valuable lifelong practices to enrich your life.
- Escape the summer heat and surround yourself with nature.
- Relax and recharge with us!

Early Pricing available through May 10, 2017:

\$895 per person, shared double, includes all meals, lodging, and activities.

- Joan Gregerson, joan@positiveenergyworks.com
- Phyllis Guy, choosehealthpg@gmail.com

Limited Space. Register today at:

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