

NOUR-ish

A Retreat for Women (March 29-31, 2019)



Imagine...an entire weekend dedicated to filling your cup, restoring your energy, **HEALING & NOURISHING** your body, mind, and soul, surrounded by the beauty of the mountains and the company of like-minded women... a time to rest, contemplate, & honour most important person in your life – **YOU!**

Sessions include: body image & self-nourishment, mindful eating, stress management, & well-being combined with laughter, quiet, rest, contemplation, Iyengar yoga, meditation, music, art, dance, & delicious food you don't have to cook yourself, all at the beautiful Kingsfold Retreat Centre outside Cochrane....AAAAAHHHHHH!

*The value is over \$800.00 in individual counselling, plus \$250.00 for accommodations & meals for a full weekend....Your self-care investment for an **entire weekend** of restoration and healing is \$595 (shared room) or \$625 (single room) before Feb. 14, 2019! (\$655 shared, \$685 single after Feb. 14) Need a payment plan? Talk to me! And YES you can use your health care benefits for the retreat.*



Your retreat facilitator is Dr. Angela Grace, Registered Psychologist, Shamanic Practitioner, and Internationally Certified Iyengar Yoga Instructor specializing in women's empowerment for body, mind, & spirit. Angela has over 16 years experience counselling girls & women, & is thrilled to be facilitating this retreat for women's healing & self-care!

Contact Angela for details & registration

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