

## May Wellness Retreat for Ladies - Ripley, Ontario - Right on the Water

May 1st 2020 for 2-Nights with Karen Egoff & Amber Crewson.



Ripley, Ontario. (South of Kincardine) Bring a favorite cooked dish item, fruit, snacks or a vegy trap/dip/yogurt/salad etc. community of **Lake front Soulful Sisterhood Retreat With Karen & Amber**

Agenda Fri night- dinner/gather after for or soulful sisterhood retreat circle...Group Angel Card Goal setting with Angel cards\*\*

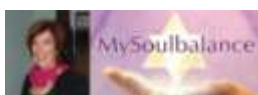
Yoga each day with meditation as a option. Wellness class on feng shui/Pendulum work /Nutrition 101 what to eat for weight control/set your compass on forward let go of past motion holding you back. Lots of choices. Saturday Afternoon you are free to get a reflexology or massage with Amber, or Reiki/Cranial sacral with Karen. Sunday after breakfast/choice of personal session with Amber or Karen, or sit by the beach...go for a walk. We will close around noon hour. Come join us for some Ladies time out we will have some interesting classes. Wellness classes in morning, meditation and Goal Setting with Angels...Friday night **Saturday morning yoga and Sunday in chair, standing stretches on deck!** Friday night option to have a massage/reflexology and Saturday afternoon reflexology, Reiki, cranial sacral or massages.

**Cost \$250 for a share room \$355 for a private room for the weekend, Asking all to bring a prepared food/see below.** If your vegetarian do bring your own food if needed. Wine, why not for evening meal, & relaxation time. \$50.00 for one hour reflexology \$60.00 for massage / reiki \$60.00/ cranial sacral \$65 for hour (Special Retreat price) \*\*\*\* Option for 30 min Reiki or cranial sacral \$40.00

**We will all bring a cooked food dish/salad/ or snacks/or fruit/vegys dips/yogurt/snacks/juice/tea/coffee/chocolate/wine\* Option for evening& as options. We always have lots of food at these events. If you have a special diet, you can bring your meals separately. Linens provided, bring your own pillow if you wish, yoga wear, comfy clothes, camp fire is a goal!**

To hold your spot, dep of \$100 to karen.soulbalance@gmail.com , and bal. Apr 1st.

Karen Egoff of Mysoulbalance 519 496 1888 [www.mysoulbalance.com](http://www.mysoulbalance.com)



and Amber Crewson of Marilyn's Healing Hands 519 386 2262