

NOURISH

To Register:
Email zannie1963@gmail.com
with "nourish" in the subject line.

Integrating Peace and Well-Being into a Busy Life

10am Sat. 3/23 - 10am Sun. 3/24

Are you struggling to make healthful habit changes? Do you find it challenging to simply make space for peace and well-being in your fast-paced lifestyle? We invite you to come NOURISH yourself during this **24-hour radical self-care retreat** hosted by Suzanne Ballantyne and Pooja Chilukuri.

Join us and...

- Learn simple yoga and pranayama techniques to lift your energy and stimulate your parasympathetic nervous system; 2 group yoga classes will help you increase focus and learn how to reduce stress and improve sleep.
- Community and Conversation: A group coaching session on making habit changes in which we learn to develop compassionate, effective practices that lead to greater commitment; so that we can create our desired changes with more confidence, clarity, and intention.
- Communing with nature and with your self: opportunities for nature walks, silence, journaling, and reflecting.
- Engaging & relevant video session and group conversation.
- Mindful eating and optimum digestion tips for DIY detox without aggressive cleanses. What diet is best for you? Bring questions about how to sift through the mass media advice to discover what's best for your body.
- Meals and Fellowship- Breakfast, lunch and dinner are provided and are vegetarian/vegan* Farm to Table. Snacks, water and tea will be provided as well. (While we don't believe we need to be vegetarian or vegan; the retreat center does not provide meat and this provides us with an opportunity to simplify our diets for 24 hours.)

We look forward to hosting you! We know you will walk away with simple, practical and easy ways to incorporate peace and well being into your daily routine.

Earlybird Registration: \$199
Closes March 14th

Late Registration: \$225
Closes March 18th

The fee includes yoga, nutrition sessions, group coaching sessions, 3 meals, and overnight accomodation.