

A WEEKEND OF

# Nurturing

*Join Your Hosts*

*Karen Rocha & Marlene Campos-Cipriani*

*at*

*Harmony Dawn Retreat Centre*

June 26th - 28th

**A weekend for you to .....**

Connect with other amazing women

Eat nourishing, healthy meals

Explore movement and mindfulness with daily  
yoga and meditation

Be pampered with a 2 hour Restorative & Thai  
massage practice

Learn how to prepare a nutritious and delicious  
meal

And so much more!



**Retreat Fee:** \$217 until March 1st, 2020, \$247  
after March 1st

**Accommodation Fee:** \$250 +HST

<https://rochawellness.com/weekend-womens-retreat-2020/>

<http://fitwithin.ca/workshops/>