



INBOUND: Yoga & Mindfulness Retreat

When: July 18-20, 2025

Where: Harmony Retreat Center

Join Nicole, a master teacher with over 20 years of experience, for an exclusive 3-day/2-night retreat designed to restore your body, declutter your mind, and nourish your soul.

Why This Retreat Is a Transformative Investment in You:

- **Expert Guidance:** Nicole brings two decades of teaching experience, offering personalized attention to help you deepen your practice and embrace mindfulness.
- **Serene Location:** Harmony Retreat Center is a haven of peace, where you can connect with nature and leave the everyday behind.
- **Curated Experiences:** From yoga and meditation to scenic hikes and chef-prepared meals, every detail is designed to support your well-being.
- **Gourmet Dining:** Chef Nicola will craft a gourmet vegetarian menu, ensuring every meal is a feast for the senses.

Your Premium Retreat Package Includes:

- 6 hours of expertly guided yoga and mindfulness sessions
- Daily guided hikes in nature
- 3 days of chef-prepared gourmet vegetarian meals
- 2 nights of comfortable accommodations at Harmony Retreat Center
- The opportunity to connect with like-minded individuals in an intimate, supportive community

Investment in Yourself:

- **Early Bird Pricing:** \$699 (valid until March 18, 2025)
- **Standard Pricing:** \$849 (from March 19, 2025)
- **VIP Experience:** \$1,099 (includes private 1:1 yoga session & private accommodation)

Payment Flexibility:

Secure your spot with a \$200 deposit and enjoy an easy payment plan to spread out your investment.

Ready to Elevate Your Practice?

- Email: info@nicoleszenden.com
- Instagram: [@nicoleszendenyoga](https://www.instagram.com/nicoleszendenyoga)

 **Your well-being deserves this level of care. Prioritize yourself this summer and experience the magic of the INBOUND retreat.** 