



Women's Health and Wellness Retreat

Move, Have Fun, Learn & Be Happy

September 10-15, 2020 - 5 Nights

Includes lodging, meals and activities

Join us for a women's health and wellness retreat in beautiful Sedona, Arizona. This year we have a unique Dome house that is one of a kind. Constructed to preserve the integrity of healthy living (contaminant free construction) this beautiful Dome house is in the middle of the most amazing hiking spots and is 10 minutes away from downtown Sedona. It has 10 bedrooms, 8 bathrooms, over 12,000 sq. of living spaces and on 7 acres next to Oak Creek. There is a hot tub, views of the red rocks and a creek on the grounds.

Meet and connect with exciting women: The women that attend these retreats are fun, knowledgeable, caring, sharing and amazing.

Learn, explore and develop: The keys to a long healthy life are multifaceted and include building a strong social environment, moving in many ways more of the time, eating the right foods for your body, practicing gratitude and happiness, a calm balanced and stress free mind.

Among the many activities are:

Health and Wellness Discussions ♦ Self Massage (MELT techniques) ♦ Body Movement and Alignment ♦ Hiking ♦ Yoga and Meditation ♦ Healthy Menus and Recipes (Volunteers and Recipes Welcome) ♦ Videos ♦ Quiet Time

This Retreat is focused on self reflection, participation, and social connections. If there is something you would like to contribute, share or support, (example: organize a healthy meal plan/recipes) or share a particular point in discussions please let me know and I will add it to the agenda.



September 10-15, 2020 - Booking Information: \$800 per person - Includes lodging and meals. Does not include transportation to/from Sedona, Arizona retreat site or meals offsite. *We will start at 5:00 P.M. on Thursday 9/10 and checkout on Tuesday 9/15 by 10:00 A.M.* Full agenda will be provided in August. There are 14 slots available. You will share bedrooms and bathrooms. *A deposit of \$400 is due to confirm.* A full refund will be available until 6/1 and the balance of \$400 is due 7/1. Trip insurance is recommended. Please confirm your attendance to Linda Meek's email:

linda.t.meeks@gmail.com. Website: www.wellnesswithlinda.com