



I Am Woman Retreat

Step out of your everyday life of cooking, cleaning, mending, tending, and working to just BE! Take a break and refresh and renew yourself. Remember, recover, and reconnect with the part of you that is a magical, mystical woman.

This exclusively female two-day retreat at Yoga Lola Studios enriches and enlivens you. We'll enjoy workshops presented by talented and spiritual women sharing topics that teach us and heal us and remind us to celebrate our femininity through women-led community.

Events include:

- How to use your intuition to create a crystal grid with Gina Pendola (If you have crystals bring them – if not, Lola will let you borrow some)
- Exploring the Tarot with Roberta Cowen
- Creating Holistic and Healthy Beauty Products with Erin Harris
- Healing Pain and Suffering Through EFT with Mary Anne Casey
- Introduction to Ayurveda and Correct Food Choices By Body Type with Lola Scarborough
- Connecting to Our Primal Energy to Heal Ourselves & Others with Lola– **win a free Reiki session!**
- Essential Oils and Aromatherapy with Lola – **win a free oil pulling session!**
- Gentle Yoga (very gentle) and Meditation Sessions
- Community Dinner Prepared by Chef Maria Ledesema / Breakfast Sunday Morning
- Bonfire on Saturday Night (Weather Permitting)
- Drawings for free prizes and treats

Join the Slumber Party

Bring a pillow, your sleeping bag or tent. It's girl stuff all night long. Can't stay? No worries - head home come back Sunday morning.

Details

* **When & Where:** Saturday 7/20/19 @ 1-8PM and Sunday 7/21/19 @ 7AM-Noon @ Yoga Lola Studios

* **Cost:** \$175.00 / No refunds after July 16, 2019

