



## It's all about you!

It's time to spend a few days putting the focus squarely back on you. When we gather with other women we are reminded once again just how amazing and powerful we each truly are. As we share our time, we also share our support, allowing us to remember who we are in our hearts and souls as we rest and become refreshed.

This retreat is intended to offer you time to put yourself first. We offer you the opportunity to experience Reiki, PSYCH-K, participate in guided meditations, yoga and even an opportunity to create a vision board. Or simply read, journal, chat, take walks or nap. There are no rules, simply opportunities.

We are pleased to offer this powerful retreat in the beautiful Kettle Moraine area of Wisconsin. The lovely home is located in the middle of twelve wooded acres, adjacent to a wildlife sanctuary. Ideal for walking or simply spending cozy hours gazing out the window at abundant natural beauty.

Gathering - Friday, February 5<sup>th</sup> at 12 noon.  
Departing - Sunday, February 7<sup>th</sup> at 3pm

All meals are included. Snacks, coffee, tea and water will be available at all times. Of course no alcohol will be allowed or served at this retreat.

Hosted by your favorite life coaches!

Sandy Walden - Serenity, Holistic Life Coach and Reiki Master [www.SandyWalden.com](http://www.SandyWalden.com)  
Melissa Heisler - It's My Life. Personal and Business Coach [www.ItsMyLifeinc.com](http://www.ItsMyLifeinc.com)

Registration may be accomplished online at [www.SandyWalden.com/retreats.php](http://www.SandyWalden.com/retreats.php).  
Alternately, call 414-378-8764 or mail registration along with payment to:

Sandy Walden, 13825 W National Ave Suite 100, New Berlin Wisconsin 53151

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_