

B Well Ladies Wellness Retreat March 15, 2025



Joyce Scherdin



Amy Leffler



Robin Scott

Embrace spring as you leave behind winter. A curated experience with you in mind! Join us in a full day of yoga, mindful meditation, quiet walks in nature, journaling, deep progressive muscle relaxation, and much more. As you let go of stress, and rediscover you. Paths that lead to well-being, relaxation and beauty await you. Go inward, allow your mind, body, and soul to reconnect with your heart and inner worth.



- Welcome reception
- Morning yoga
- Mindful meditation
- Catered healthy lunch
- Journaling in the book of Psalms
- Hiking, walking trails, labyrinth
- Deep relaxation with guided progressive muscle relaxation



\$199

Bonus: body massage to the first 7 to register.

