



APR 29, 2017 9 AM – 4 PM

HEAD OVER HEELS...

...IN LOVE WITH YOU!

Are you craving deeper conversation about the things that matter?

In this women's-only full-day mini-retreat, we're going to help you to:

- Build a healthier relationship with your body
- Have some fun, laugh and reflect
- Increase your self-confidence
- Connect with yourself and other beautiful souls
- Explore what it takes to have a strong, clear vision of who you are and how you want to show up in your life
- Discover a supportive community of curious-minded women who are willing to share, reflect and commit to standing tall in their own bodies.

Your Mini-Retreat Includes: Presentations, reflective exercises, small group conversations, body movement, interactive discussions, beverages & snacks.

What Do You Need to Bring?

- Yourself ☺
- Your Lunch – Bring your lunch (kitchen available) or plan for a spontaneous lunch-out with new friends
- Dress comfortably

Keynote Speaker & Facilitator:

Sherri-Lyn Shaw

Leadership Coach & Facilitator:

Janet Waldon

Body Movements:
Kristin Panylyk

Women-Only Mini Retreat

\$97/person

Space is Limited

[Click Here to Register Now](#)

LOCATION: STUDIO 107

*10265 – 107 st
Edmonton, AB*