

Embracing Winter *Wellness Retreat* 

February 23-25 Monument, CO





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Join us for The Art of Peaceful Living Winter Wellness Retreat and embrace the new year with new tools for finding inner peace as we transition through life's new "winter" phases.

a Journey to "Wintering" and Inner Harmony

In the midst of life's perpetual whirlwind, there lies a profound wisdom in the art of "wintering." Just as the earth rests beneath its snowy blanket, we too must embrace these quieter seasons of our lives.

## What's Included In This Retreat?

- 2 nights stay at a luxurious mansion in Monument, Colorado
- Relax, we have a personal chef for all meals!
- Peaceful and Pampered gift tote filled with Roberta's favorite self-care items
- Yin Yoga, Gentle Yoga, and Guided Meditation led by Roberta
- Time for solitude, reflection, and self-care
- 40/min personalized Facial Reflexology Session for anyone that books before the end of November

Retreat Location: Monument, Colorado For booking and inquiries: see location: https://airbnb.com/h/thunderbirdvilla roberta@peacefullliving or 720-219-4370