

COMING BACK TO THE *Self*

January 13-15

3-Day Weekend Retreat
with Julie Hoffenberg



GLEN IVY HOT SPRINGS



Julie Cara Hoffenberg, owner and founder of Authentic Woman Coach

3-Days of Bliss & Rejuvenation for Women

Come back to the *Self*, to the place where you know all is truly well. Nourish your body, mind, and spirit in ways that you deserve to be nourished. Enjoy the benefits of council workshops, where listening and speaking through the heart help to open you to feelings of bliss. Experience community support and encouragement as you learn new ways to take care of your SELF.



3-day weekend Retreat includes:

- Morning Meditation
- Spa Treatment and Spa Time
- Gourmet Vegetarian Meals
- Council Workshops
- Mineral Baths, Club Mud
- Support, laughter and connection to nature.
- Rhythm and Dance

Enjoy – it's all included!

Cost: Starting at \$669.

Early bird pricing ends January 2nd, 2012.

Join us at beautiful Glen Ivy Hot Springs for a gathering to remember!

To reserve your space, call 888-GLEN IVY.

For more information, please visit GlenIvy.com/retreats