

REGISTRATION OPEN!

SPOTS ARE LIMITED

GODDESS SOUL

**A WEEKEND RETREAT FOR LADIES
READY TO AWAKEN & EMPOWER
THE GODDESS WITHIN.**

The Goddess Soul retreat at One Soul Yoga & Wellness Center will allow you the time and space to tap into your feminine side and connect with others in a non-judgmental space. This retreat will allow you to connect to the empowering energy you hold and find harmony within yourself and the natural rhythm of life.

MARCH 5-6, 2022

Scheduled retreat activities include:

- Nature meditation walk & nature group mandala
 - Herbal tea ceremony
- Feminine Energy & Kundalini workshop
 - Meditation/Journaling
 - Cleansing & Fire Ceremony
 - Drum Circle & Ecstatic Dance
- Yoga practices including Restorative
 - Healing Sound Bath
- Art with Jen Petty from The Pretty Details and more to be announced!

Meals, wine, retreat shirt & optional studio sleepover included.

Registration:

Early Bird: 11/24-1/15: \$175

Regular Price: after 1/15: \$200

www.OneSoulYogaStudio.com

One Soul Yoga & Wellness Center

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