



ONE DAY WOMEN'S BEACH RETREAT

Date: Saturday May 4th 2019

Time: 9:00am – 5:30pm

**Cost: \$90.00 early bird special
(before April 15th / \$125.00 after April 15th)**

**Call: Megan (949) 280-9968 or
Melanie (949) 235-3602**

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A day with Megan McCarver & Melanie Faught

Feel cared for and carefree as we meet for a day of yoga, nature and relaxation by the ocean waters of Dana Point. Our One Day Women's Retreat includes:

- Two Yoga classes: Uniting body, mind & breath
- Creative journey using guided meditation and journaling
- Group walk with beautiful views of the harbor and nearby cliffside
- Healthy and tasty vegetarian lunch
- Stand Up Paddle, Kayak or pool side relaxation
- A soulful connection with yourself and the world around you



***"The mind is like water. When it's turbulent, it's difficult to see.
When it's calm, everything becomes clear." - Prasad Mahes***