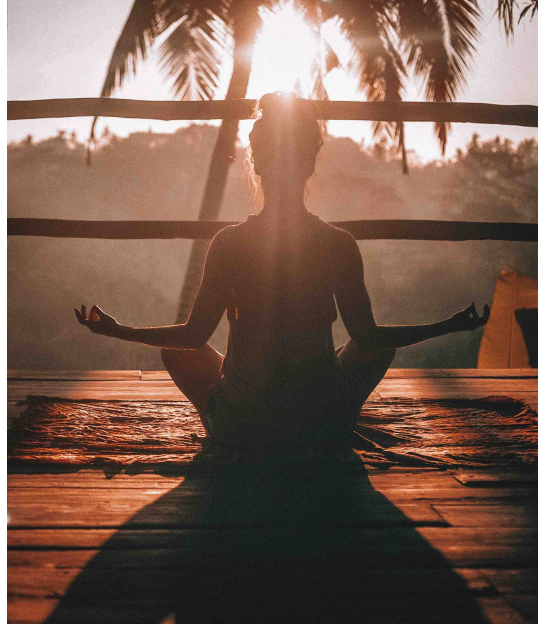


Women's Retreat

Please join us as we honor our journey inward with

Spring Renewal



Saturday, March 14, 2020 from 12:00 pm – 2:00 pm

This women's retreat is offered to current clients.

Finding the answers we seek are already within us. Discover the beauty in letting go of what is holding you back from being YOU! This retreat allows for moments to reflect on your own wisdom for guidance through the use of essential oils, breath work, gentle yoga, meditation/relaxation, and insight prompting conversations.

Facilitated by Laura S. Mindell MA LPC NCC & Alana Abdal

@ Bodhi Yoga in Farmington Hills

Please contact Laura at 248-325-7476 or
laura@revitalizecounselingmichigan.com with interest and availability.

