

# MEETING YOUR MIND



## A THERAPEUTIC RETREAT TO RECONNECT WITH YOUR INNER-SELF THROUGH EMPOWERMENT AND BALANCE

FOR ADULT WOMEN, AND NON-BINARY PEOPLE

Join us to **reconnect**, **reflect**, and **recharge**. Through meditation, mindful movement, creative expression, and radical self-care, you'll nurture your mind, body, and spirit while cultivating tools for lasting balance and renewal.

### WHAT YOU WILL LEARN:

- Guided meditation techniques to reduce stress and boost mindfulness.
- The benefits of mindful movement and intentional movement for well-being.
- Creative self-expression through neurographic art.
- Strategies for radical self-care and setting boundaries.
- Tools to reconnect with your inner self and set meaningful intentions.



### COST

FREE WITH MEDICAID  
(OR \$150 SELF-PAY)

\*\*Limited space available!\*\*

**REGISTER BY  
APRIL 17**

(720) 235-8210

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### RETREAT DETAILS

**26 APRIL 2025 @ 9AM – 3 PM**

AT 6000 GREENWOOD PLAZA BLVD. SUITE 105 CENTENNIAL, CO 80111