

2023 Women's Health and Wellness Retreat



Learn, Play, Relax, Be Happy

August 27-31, 2023 - 4 Nights

Includes lodging, meals and activities

Join us for a women's health and wellness retreat in beautiful Sedona, Arizona. This year we have a unique Dome house that is one of a kind. Constructed to preserve the integrity of healthy living (contaminant free construction) this beautiful Dome house is in the middle of the most amazing hiking spots and is 10 minutes away from downtown Sedona. It has 10 bedrooms, 8 bathrooms, over 12,000 sq. of living spaces and on 7 acres next to Oak Creek. There is a hot tub, views of the red rocks and a creek on the grounds.

Meet and connect with exciting women: The women that attend these retreats are fun, knowledgeable, caring, sharing and amazing.

Learn, explore and develop: The keys to a long healthy, happy life are multifaceted and include building a strong social environment, moving in many ways more of the time, eating the right foods for your body, practicing gratitude, happiness, a calm balanced and stress free mind. Discussions will be focused in all areas of life and personalized medicine. Individual coaching sessions are available to attendees.

Among the many activities are:

Health and Wellness Discussions ♦ Body Movement ♦ Hiking ♦ Yoga and Meditation ♦ Healthy Menus and Recipes (Volunteers and Recipes Welcome) ♦ Videos ♦ Quiet Time

This retreat is focused on self reflection, participation, and social connections. If there is something you would like to contribute, share or support, (example: organize a healthy meal plan/recipes) or share a particular point in discussions please let me know and I will add it to the agenda.



August 27-31, 2023 - Booking Information: \$1100 per person - Includes lodging, activities and meals. Does not include transportation to/from Sedona, Arizona retreat site or meals offsite. *We will start at 5:00 P.M. on Sunday 27th and checkout on Thursday 31st by 10:00 A.M.* Full agenda will be provided August 1. There are 13 slots available. You will share some bedrooms and bathrooms. *A deposit of \$600 is due to confirm. A full refund will be available until 6/1 and the balance of \$500 is due 6/15.* Trip insurance is recommended. Please confirm your attendance to Linda Meek's email:

linda.t.meeks@gmail.com. Website: www.wellnesswithlinda.com