



## 2024 Women's Health and Wellness Retreat Health and Happiness

### September 22-27, 2024 - 5 Nights: Includes lodging, meals and activities

Join us for a women's health and wellness retreat in beautiful Cle Elum, Washington. This year we will be at the Huntley Lodge and Retreat. Website: <https://www.allseasonsvacationrents.com/cle-elum-rentals/huntley-lodge-and-retreat#>. The Huntley Lodge is set above the picturesque Teanaway Valley just 6 miles east of Cle Elum and a 90 minute drive from Seattle. The Teanaway River is less than a mile away. When entering the Main Lodge you'll be inspired by the soaring 40 ft wall of windows and open floor plan. There are 4 cabins with 8 rooms. Each room has 3 beds (we will be two people to a room) and a bathroom.

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

**Learn, explore and develop:** The retreat always focuses on social interactions including playing, exploring, eating and learning together. This year we will be discussing supplements, mindfulness practices, moving our body in many different ways and having fun while doing it. Cooking and sharing dinners together is one of the best parts of the retreat. Enjoying the outdoors with hikes and activities are always included.

### Among the many activities are:



Health and Wellness Discussions ♦ Body Movement ♦  
Hiking ♦ Yoga and Meditation ♦ Healthy Meals ♦ Quiet Time

This retreat is focused on self reflection, participation, and social connections. If there is something you would like to discuss, contribute, share or support (examples: organize a healthy meal or present on a topic) please let me know

**September 22-27, 2024 - Booking Information:** \$1250 per person - Includes lodging, activities and meals. Does not include transportation to/from Cle Elum, Washington retreat site. *We will start at 5:00 P.M. on Sunday 22nd and checkout on Friday 27th by 11:00 A.M.* Full agenda will be provided August 15. There are 14 slots available. *A deposit of \$500 (this is refundable until 6/1) is due to confirm.* The balance of \$750 is due by 6/1. Trip insurance is recommended. Please confirm your attendance to Linda Meeks email: [linda.t.meeks@gmail.com](mailto:linda.t.meeks@gmail.com). Website: [www.wellnesswithlinda.com](http://www.wellnesswithlinda.com)