

# 3-Day Female Spiritual Wellness Retreat



- Escape from the busy, dusty metropolitan life for a three-day, two-night rejuvenating wellness retreat!
- Reclaim your center as you unwind, relax, de-stress, heal, and transcend at the beautiful DeGray Lake Resort State Park!

**May 15 - May 17, 2015**

## Our Customized Package Includes

Accommodations

Two dinners, two breakfasts, and a lunch

Morning Purna Yoga

Reiki Treatment

The 5 Tibetan Rites Healing Bodywork

Spiritual Walks

Guided Meditations

Choice of Massage, Facial or a Pedicure

4 Transforming Workshops: *Self-Parenting*,  
*Getting in Tune With Your God-Self*, *The Power of Visualization in Achieving Your Dreams*, and  
*Introduction to Holistic Healing*

Care Products

Goody Bags and Snacks

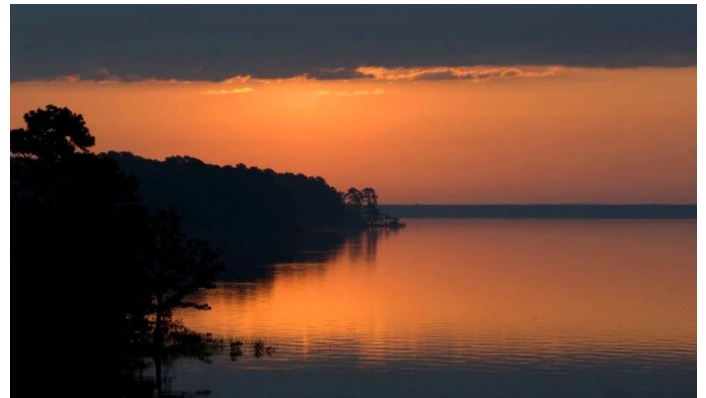
Excursion Evening

Light Entertainment

Special guest lecture on *Natural Supplements* by  
Dr. Rae Smith



Spa time available every day before 5:00 pm!



Located at the majestic DeGray Lake in Arkansas, our signature wellness getaway offers a complete mind-and-body recharge, in an atmosphere of peace, higher consciousness, spiritual awakening, and shared female wisdom.

**Contact:** Connie J. Tipado and Julieta Kaludova-Reynolds (organizers and hosts)

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**Phone:** (972) 722-3238 / (903) 217-4994

**Price:** \$400

**Early Bird Special:** \$300

Register by April 25<sup>th</sup> and immediately receive \$100 off the original price!

To book your retreat online, please go to

[www.awareness-solutions.org](http://www.awareness-solutions.org) and open the Retreats tab.