

Health and Wellness Retreat

July 21-24, 2015

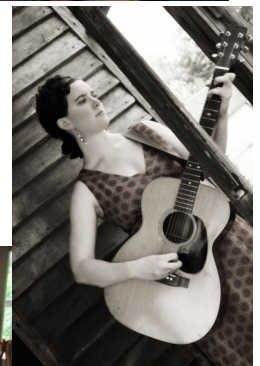
A health and wellness retreat for the mind, body and spirit.

For the second year, The Mountain is hosting this retreat designed by long time Yoga Teacher and Life Skills Retreat Leader, Cathy Woods.

\$455 includes lodging, meals and program

The program is a mixture of practices and workshops for self care and revitalization.

- * Silent & Guided Mediations
- * All levels Yoga Classes each day
- * Life Skills Workshops
- * Art Projects
- * Empowering Intentions
- * Guided Hikes
- * Nutritious & Healthful meals
- * Live Music
- * Massage Therapy



To Learn more about Cathy Woods, her yoga classes and life skills workshops visit her website at www.cathywoodsyooga.com

Information and online registration at
www.mountaincenters.com or 828-526-5838
PO Box 1299 | 3872 Dillard Rd | Highlands, NC 28741

