

Spring Retreat



L.E.A.N.
Ladies Empowered to Act Now

Join us for a complete renewal of mind, body and spirit. Your 2-day women's retreat features experienced presenters who are committed to supporting women on their individual life journey.

- *Delicious low-fat, plant-based Meals and Cooking Classes*
- *Fun and Experiential Life Coaching Workshops for Self-Awareness*
 - *Interactive Acupuncture and Body Work*
 - *Rejuvenating Yoga*
 - *Enlightening Mindful Meditations*
- *Informative Discussions on Detox & Skin Care*

Weekend includes recipes and a gift bag full of goodies!

** event is limited to the first 50 registrants*



March 26-28, 2010

**Glen Lake Retreat Center
Glen Rose, TX (1 hr south of DFW)**

**For information & to register,
visit: www.leanretreat.com**