

Women : Women

A Retreat to Nourish Your Mind, Body & Soul

Women connecting with women in intentional conversations and experiences that nourish the mind, body and soul, awaken and empower us in our journey towards knowing, claiming and celebrating ourselves!

JOIN US

February 25th - 27th

Sunday at 4:00pm - Tuesday at 12pm

Salamander's Resort and Spa in the exquisite countryside of
Middleburg, VA

Enjoy luxurious accommodations, daily breakfast, and a welcoming
happy hour!

You Can Expect: ✓ Nourishing Self-Care Practices ✓ Meditations & Mindfulness
✓ Daily Morning Walks ✓ Connecting Conversations ✓ Time at the Spa
Facilitated by Dr. Suzanne Nixon, Specialist in Whole Health, Mindfulness and
Eastern Therapies



EARLY BIRD SPECIAL

\$975 for double occupancy, registered by
Jan. 15th with \$250 deposit
Thereafter, \$1075
Single room preference, add \$150

REGISTRATION

For more information and to register,
contact Dr. Suzanne at
info@inspirationaljourneys.org
703.729.0505

The time to nourish you, is now!!