



PRESENTING

# "Spring Cleaning Body, Mind and Soul"

FOR WOMEN ONLY.....

PRESENTED BY:

**MOUNTAIN SPIRIT RETREATS**

SHAYLA MC CLURE LDT/CST AND DIANE HAMMERLAND CAC II

**APRIL 17TH, 18TH AND 19TH.**

DATES:

PLACE:

*ROCKY MOUNTIAN BED AND BREAKFAST*

*BEULAH, COLORADO*

[HTTP://BANDBINTHEROCKIES.COM](http://bandbintherockies.com)

**ACTIVITIES FOR THE WEEKEND INCLUDE:**

Meditation/Relaxation journey, education and techniques

Massage/Spa Treatments/Aqua Chi Detox Foot Bath Treatments

Gentle Nature Hikes in Beautiful Beulah

Healthy Organic menus included, wheat-free baked goods (Friday potluck)

Creative Photograph of "Sacred Self" included and hints

Workshops include:

Nutritional counseling, herbal and alternative medicine as well as discussion for stress reduction, tips for successful relationships, connecting with your spiritual self and much more.

Private R&R time will be offered Saturday afternoon.

**Cost:** \$ 395.00 (\$100 deposit to hold your reservation) Master Card/Visa Accepted

**Please call:** (970) 309-6067 or (719)250-9625 to reserve your weekend or questions. A detailed "items to bring" list will be included.

**Ala Carte Services will be offered with advanced request at a reasonable charge including: Facials, Manicures/Pedicures, , Intuitive Counsel Sessions & more.**

**THE BEAUTY WITHIN WEEKEND**