THE ART OF FEELING BETTER RETREAT

THIS RETREAT IS KEPT AFFORDABLE TO MAKE IT ACCESSIBLE TO EVERYONE

A NEW PATH FORWARD

Are you tired of feeling tired? Struggling with a chronic condition, feeling overwhelmed by stress, or simply longing to feel better in your body and mind? **You don't need to overhaul your life, spend a fortune, or find more hours in the day to start feeling better. You just need a way forward—and I'll help you find it. Private retreats.**

- Make healthy eating ridiculously easy, fun & affordable, with practical ideas that work for your lifestyle and budget
- Discover five-minute rituals, and gentle body movements that fit effortlessly into even the busiest morning routine
- Relax and be pampered with holistic therapies, including reflexology, lymphatic drainage massage, Indian head massage, craniosacral therapy, and reiki.
- Reconnect with nature in the 70-acre healing forest with guided experiences
- Feel supported every step of the way as you discover realistic habits and practical tools to help you move toward a healthier, more balanced life.



Holistic chef & organic farmer, certified practitioner Sari Huhtala has been organizing retreats since Dance of Joy Women's retreat in 2011. With over 8,000 days of spiritual practices, 25 years of holistic cooking & 20 years of publishing Alive & Fit, she weaves her wisdom into each retreat, tailored just for you.

RETREATS AS LOW AS $69/DAY. REACH OUT FOR DETAILS!

YOU DESERVE TO DO MORE THAN JUST GET THROUGH LIFE. YOU DESERVE TO FEEL MORE ALIVE IN IT.

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