

"SUMMER OF SELF"

GIRLS EMPOWERMENT RETREAT

Fun - Friends - Self-awareness - Self-expression



Transformative opportunities to build self confidence, find happiness, & live with less stress.

Proven Techniques which:

- Balance moods & emotions
- Gain personal power
- Increase self-esteem & awareness
- Set goals with ease & clarity
- Banish fear, worry, & burnout
- Encourage sharing, learning, & playing
- Strengthen, nurture, & invigorate the Body, Mind & Spirit
- Teach leadership in conscious, healthy, and purposeful living.

Teen girls will join together, try new things, learn cool stuff, and create memories to last a lifetime.

GIRLS AGES 13-16



6 unique & different
"Weekly retreats"

- SPA DAY
- STRESS BUSTERS
- JOURNALING
- POETRY SLAM
- BREATHWORK
- GAMES
- FOOD & MOOD
- ART of RELAXATION
- DREAM BOARD
- GIRL POWER STUFF
- CULINARY ARTS

And much more....

M-W-TH 11:30am-2:30pm (class size limited)

\$88/week

**TO REGISTER FOR 1 or all 6 WEEKLY RETREATS
CALL Dr. Susan Pataky @ SANIBEL YOGA 239.738.3856.**