

ASPIRE CONFERENCES, LLC PRESENTS

# AWAKEN YOUR *Inner Beauty*

## SACRED SELF CARE RETREAT

**April 9, 2016 at 10AM - 3PM**

**at the beautiful Mt. Charleston Visitor Center**

2525 Kyle Canyon Rd., Mt Charleston, NV 89124

\$50 includes lunch/snacks, massage and an intention candle

**Limited to 20 amazing women**

Spend a day with us at Mt. Charleston in a fun, relaxing, rejuvenating, nurturing, empowering and supportive environment

- Savor a healthy lunch and snack
- Experience a relaxing massage
- Get your body moving in a gentle, loving way
- Explore the aromas and uses of essential oils
- Develop self care practices that keep you feeling truly nourished, cared for and connected

*Note: Bring a journal and wear comfortable clothing for movement. We are also collecting personal care items to put in bags for women in local shelter.*



**MITZI REED**

Author of *Awaken to Your Inner Authentic Beauty*



**MARQUETTA GOODWIN**

Founder of International Girlfriend



**MINDI ANDERSON**

Behavioral Wellness  
Partner & Speaker



**LORALEE HUMPERYS**

Massage Therapist  
& Reiki Master

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