

AUTUMN 2017  
**WOMEN'S RESTORATIVE  
RETREAT**

SEPT 22-24, 2017  
BEND OF IVY LODGE, MARSHALL NC  
WITH PAIGE GILCHRIST & JANELLE RAILEY

**Pause. Exhale. Sink into the shifting season.**

Yoga  
Meditation  
Relaxation  
Ritual  
Connection

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