

WORKSHOPS AT THE CROSSING

145 ACRES OF INSPIRATION

3 DAY Health & Wellness Group Retreat



Come and join Zen Wellness Center at our ultimate health & wellness group Retreat. This is a powerful experience of connecting with your own energy and being guided in using that energy to recharge your inner spirit.

Enjoy one-on-one coaching, wellness workshops, group yoga class, 60-minute relaxation massage. This Retreat will connect you with all the tools that you will need to re-focus and rebuild your life.

Get together, have fun, make lasting memories, and build stronger friendships. Group retreats are a great way to build deeper relationships, learn new skills together, and try new fun activities.

This Retreat has a 4-person minimum so bring your friends and family on this amazing getaway!

For more information about this Ultimate Health & Wellness Group Retreat with **Zen Wellness**

please visit: <http://www.zwretreat.com>

Michelle Lee is one of our leading Retreat Managers at Z W Retreats. She started in the self-development and coaching industry over 10 years ago. She is also an up-and-coming author currently writing her first book called "Life's Blueprint" that will share a detailed blueprint of how to live a purposeful, rebalanced, and recharged life. Michelle's specialty is to empower, coach and train people to naturally better themselves. Aiding them to achieve new heights of spiritual awareness and wellness through her therapy retreats. She has helped countless people overcome depression, stress, anxiety, loss, trauma, divorce and so much more. She truly is an inspiration to everyone she meets along her life's journey.

