



THE WELLSPRING WITHIN

A WOMEN'S RETREAT TO REPLENISH MIND, BODY, & SPIRIT

WHEN

JUNE 7 ARRIVAL 12:30 PM

JUNE 8 DEPARTURE 4:00 PM

WHERE

82 W. MAIN ST. MENDHAM, NJ

ACCOMMODATIONS

**INDIVIDUAL ROOM. SHARED BATH
LINENS, GROUNDS AS PICTURED**

MEALS

SATURDAY DINNER

SUNDAY BREAKFAST & LUNCH

COST \$175

Register by April 30 & receive 10% discount!

Registration deadline: May 31.

**Send checks payable to: "EmpowerU2B",
Haggerty, 219 W. Summit St, Somerville, NJ 08876**

When you click to "**CONTACT US**", please let us know your name and phone, as well as how you heard about this retreat. We want you to have a great experience, so let us know **what you need most** from this retreat. Please bring a yoga mat, journal, comfy shoes for walking. If you need more information, please call Teresa 908-528-4628.

THINGS YOU'LL ENJOY

CREATIVE PLAY

JOURNALING

YOGA

SUPPORTIVE DIALOGUE

EVENING CHANTS

WELLNESS PRESENTATIONS

TIME TO READ

MEDITATION

LEISURELY WALKS

GLORIOUS SILENCE!

