



CREATING A NOURISHING LIFE

THAT LOVES YOU BACK

A 1-DAY RETREAT FOCUSING ON HEALING FOODS AND PRACTICAL
TOOLS FOR DEVELOPING A HEALING RELATIONSHIP WITH YOUR
BODY

January 15th, 9:30 a.m.-2:30

*Located in Southwest Portland in a home-based retreat with a
sauna! Space is limited! For details please contact:*

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You are on a healing journey, and sometimes the road is long and lonely. You desire a space in which to share, connect, and process. It's the New Year and you are ready for some fresh ideas and support. Join Nutritional Therapist Carrie Thienes and Life Coach Jemila Kwon as we focus on creating a Nourishing Life through Eating, Awareness, Expression, and Action.

\$60 (includes food; sliding scale available!)



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