



# *Flourish & Flow*

**MAY 25-29, 2022**

Epona Rise Retreat Center.



## **FLOURISH & FLOW RETREAT LEADER**

CANADIAN MASTER CERTIFIED COACH, LERAE GIDYK

## **WHAT IS INCLUDED IN THIS RETREAT?**

- A guided, soul stirring process created by Coach, Lerae Gidyk, that will create the opportunity for you to identify and put down old habits and patterns that are not serving you and invite you to envision and begin living from a place of flourishing and flow
- The option of having an equine experience at the beginning and end of the retreat guided by Epona Rise Owner, Hillary
- Individual coaching
- Group coaching
- Opportunities to be immersed in nature and connect to yourself and your surrounding on a deep and conscious level
- Creation of a personal art piece
- Yoga
- Meditation and breath work
- The enjoyable option of reiki or massage
- Rest and relaxation time to reflect and restore ~ time to simply be
- Circling and co-creating with other women



LERAE GIDYK

## **WHAT ARE THE ADDITIONAL BENEFITS BEING OFFERED FOR PARTICIPANTS?**

- Fun, laughter, and freedom to simply be and enjoy
- Opportunity to connect with nature and the herd of horses
- Networking opportunities with participants from across Canada, the US, and the globe.
- Nourishing food that will be prepared with love and will nurture your body
- Beautiful country setting
- Center yourself in the many beautiful and sacred spaces within and around Epona Rise
- Opportunity to build lasting friendships
- Campfire

## **WHAT WILL I TAKE HOME?**

- Skills and tools you can use in your work, family life, and your own self-care
- A follow-up group coaching call to sustain the benefits of the retreat
- Resources and guides to capture the plans, writings, and discoveries uncovered on our journey
- The opportunity to stay connected to retreat participants and leaders through a private Facebook group only for retreat participants
- A Flourishing and Flow journal
- A perspective that has the power to significantly change your life





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## WHERE WILL THE RETREAT TAKE PLACE?

EPONA RISE RETREAT CENTER. [EPONARISE.COM](http://EPONARISE.COM)

## WHAT IS THE COST OF ALL THIS GOODNESS?

PRICE: \$2000us

**\$500 Earlybird discount!**, Please inquire with [support@souldesigns.ca](mailto:support@souldesigns.ca).

Price includes: 4 nights lodging, nurturing meals, retreat extras and workshop fee.

\*Payment due at time of on-line registration

\*\* Make checks payable to Soul Designs Coaching or contact retreat leader to pay through Paypal.

## IF SOMETHING CHANGES FOR ME, IS THERE A CANCELLATION POLICY?

A refund, less a \$100 processing fee, will be offered for cancelations made on, or before, the close of business 45 days before the retreat. No refund will be offered for cancelations made with less than notice of 45 days.

