



## *Let it Go, Let it Flow Retreat for Women*



*I invite you to step back from the demands of your daily life, embrace the inner peace that lives in you, experience the healing energy of enlightened women and immerse yourself in the deep stillness of silence.*

Have you ever asked yourself,

**Where is my life out of balance?**

**What do I need to let go of in my life?**

**What do I want more of in my life?**

**What do I gain by constantly comparing myself to others?**

If you resonate with any of the questions above, **this one day retreat is designed for YOU.**

Here's what you will experience at this transformational retreat:

- ❖ Learning the **true meaning of letting go**
- ❖ Choosing what to say **YES** to and what to say **NO** to
- ❖ Discovering how you can **live a balanced and abundant life**
- ❖ Clarifying what your **Core Values** are

**Date:** Sat., February 17, 2018 - 9:00 – 4:00 – Lunch available at University of St. Catherine Cafeteria

**Location:** Carondelet Center, Room 200A, 1890 Randolph Avenue, St Paul, MN 55105  
651-696-2750 - [www.carondeletcenter.org](http://www.carondeletcenter.org)

**Investment:** \$125 - **Early Bird Discount \$99 until January 10**

**To Register:** Please contact Nancy at **612-245-5960** or visit [www.nancyjambor.com](http://www.nancyjambor.com)

**Please Note:** Because of the powerful work we will do at the retreat, there are just 10 spots available. My retreats tend to fill fast, so please register soon. You'll be glad you did!

