

Urban Day Retreat

Shift your Stress

November 03, 2018

Spring Hill Suites - 612 Applewood Cres, Vaughan

9:00am to 5:00pm

An extraordinary day awaits you . Yoga. Meditation, healing foods and activities to release what stops you to be and feel your best. Leave knowing how to transform hidden stresses that hijack your energy and power.

- Experience mental, emotional, and physical rejuvenation
- Transform hidden stress into power and a new found energy
- Be able to powerfully recognize and shift what drains you



Carrie Rubel
Performance Coach



Margaret Boersma
Emotional Educator



Marise Foster
Wellbeing Expert

Shift your Stress

Buy your ticket now

EventBrite: Urban Day Retreat

or go to www.benuma.com