

WOMEN'S WELLNESS WEEKEND

April 24-26, 2026

Facilitated by Kelly Rumohr RN, NC-BC of KR Holistic Balance

NOURISH. CONNECT. RESTORE.

Friday

- Wellness Service Add-Ons (Massage & Facial)
- Intention Setting Opening Circle
- Evening Social
- Night Hike

Saturday

- Workshop - Claiming Space: Honoring Your Energy & Your Voice
- Camp Activities (Climbing, Archery, Tie Dye and more!)
- Yoga & Meditation
- Wellness Service Add-Ons (Massage & Facial)
- Campfire with New Beginnings Cacao Ceremony

Sunday

- Sunrise Paddle
- Wellness Sips & Tips
- Closing Circle

**REGISTER
HERE**



**COST
\$225**

**Scholarships available!*