

Ladies Spring Fling on the Ridge



Women's Rejuvenation Weekend Retreat At Starlight Ridge Retreat Center

***Renew your body, clear your mind,
balance your emotions and replenish your spirit!***

Arrive at 6 p.m., Friday, March 9,
Saturday, March 10,
Depart 12 noon, Sunday, March 11, 2012

Investment in your health and wellbeing only \$285.

Early registration by February 10 only \$245.

Paid registration due by February 24, 2012.

Space is limited to 8 so make your reservations today.

You will receive...face, hand and foot treatments, detoxifying ionic foot baths, yoga classes, meditation classes, nutritious and delicious vegetarian meals (includes eggs and dairy products), life coaching on how to make your life work for you, free time to walk the labyrinth, medicine wheel and nature trails and much, much more!

To register and for more information, contact Katherine Friday at (501) 470-9801, (501) 470-6633, shine@starlight-ridge.com and starlight-ridge.com.