



# Lake of the Woods\* Wellness Retreat

This 2 day retreat will consist of hands-on wellness modalities designed to rebalance the body's energy, release trapped emotional blockages and enhance your frequency using Young Living Essential Oils and products.

I am excited to host this healing retreat with great food, great friends and, convenient location\*.

Cost \$55 (cash only). This includes meals, Ningxia Red, product sampling, swag bag filled with Young Living products, handouts, protocol for energetic body balancing to enjoy and, much more.

Event starts Friday, October 24th at 6 pm until Saturday, October 25th at 9 pm.

\*New location: 91 Royal Crest Drive  
Winnipeg, MB

## Registration:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Food allergies: \_\_\_\_\_

## Agenda

### Friday, October 24th

6:00 pm Arrival & Dinner

7:00 pm Farm Presentation

8:00 pm Premium starter kit Intro, Thieves & Ningxia

Create rollerball blends and epsom salt soaks with oils

### Saturday, October 25th

9:00 am Light refreshments

9:30 am Guided meditation

10:00 am Ningxia 14 Day Reset Presentation

10:30 am Lavender oil foot soak and reflexology with oils

12:30 pm Lunch

1:30 pm Essential oils and its benefits for hormones

2:30 pm Introduction to muscle testing  
Emotional Oil Protocol

Ho'opono pono healing technique

5:30 pm Supper

7:30 pm Young Living facial products

Collagen Peptide and Moisturizer

Information on building your own YL business



**Kindly RSVP by October 3rd.**