

# Center and Reconnect

A Retreat for Caregivers

Taking the time to cultivate and reconnect with what you love is key to finding your center again. It is in this very place that you become reacquainted with your own brilliance.

Are you a \*caregiver who is wanting to learn the importance of self-care? If so, join Vivian and Linda..

Friday, May 3rd - Sunday, May 5th, 2019  
at Soulful Prairies in Woodstock, IL

### Offerings:

Two Night Stay at Soulful Prairies Farm  
Yoga  
Gong Meditation With Horses  
Individual Horse Experiences  
Soul Scape Art Vision Piece  
Time to relax and reconnect with nature  
Delicious healthy meals & snacks included

### Investment in You:

**\$725**

**Early Bird: \$695**

Available Through Dec. 31, 2018

[CLICK FOR  
DETAILS/REGISTRATION](#)

\*Caregiver: Anyone who cares for others professionally or personally.

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ART SOUL AND HORSES  
CREATING SPACE FOR YOUR SOUL TO RECONNECT

Vivian Thwaits

Soulful Prairies

Linda Bruce

