

Heart Spa: Retreats for Women



Treat yourself to a retreat experience for the Heart! It's a time to relax, to make connections, and rejuvenate your spirit. A time to focus on your personal growth and learn practical skills that will help you embrace life with a renewed sense of spirit, joy and purpose for life.



Living with Purpose: Deeply Connect to What Truly Matters

A guided retreat experience to facilitate the personal growth of women as they seek to uncover the life they were meant to live. Gift your self with a day away to name and claim what truly matters in life. Narrow the gap between "what I want" and "what is"... You are closer than you think to living a life with purpose! Participant's growth will be nurtured through group sessions, guided reflection exercises and private reflection times.



Friday, Nov. 19 at 6:30 pm to 4 pm

Saturday, Nov. 20

Cost per retreat: \$159.00

- *Retreats include Friday night accommodation and breakfast & lunch on Saturday*
- *Limited to 8 participants per session. Register early to avoid disappointment*

Star of the North Retreat Centre
3A St. Vital Ave. St. Albert, T8N 1K1
780-459-5511

Facilitator Michelle Jensen is a counselling therapist in private practice. She has a personal and professional mandate to increase the health and well-being of individuals.