

You're  
Invited!

## **COLD SPRING WOMEN'S RETREAT**

**October 20-22**

Two Nights

Coaching

Yoga

Meals

Massage\*

: \$995



# Agenda

## COLD SPRING RETREAT

### Day 1 - Saturday

10am Open/Welcome

Group Coaching Session 1

1pm Lunch - Catering by Kristin

Downtime\*

Group Coaching Session 2

Yoga and Reflection

7pm Dinner

8pm Restorative Movement

*\*Massages and coaching can be booked at an additional fee*





# Agenda



## COLD SPRING RETREAT

### Day 2 - Sunday

Morning Run/Hike/Yoga

9-10am Breakfast

Group Coaching Session 3

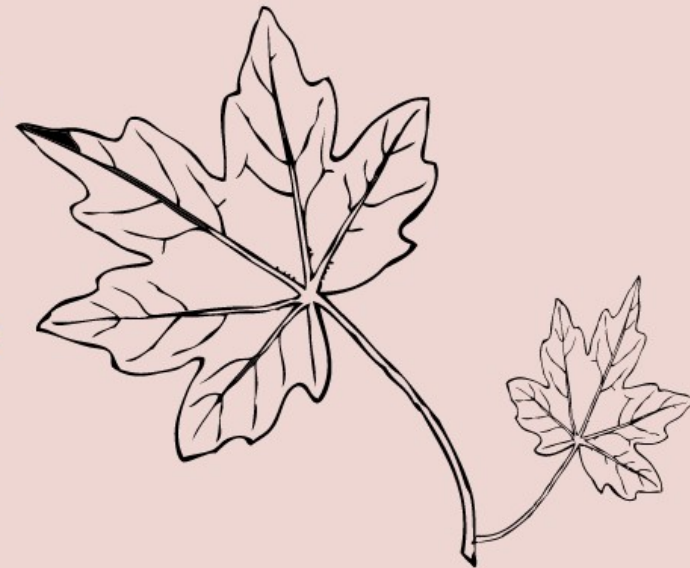
Yoga and Closing

Optional

- Scenic Selfies
- Extra Coaching Session\*
- Massage\*

Accommodation: River House

Limit: 10 attendees



*\*Massages and coaching can be booked at an additional fee*

# To Book

## To reserve your spot:

Venmo a \$200 deposit to  
@Rachel-Kimber  
By September 26

*Friday night arrival is welcome and encouraged. I will help coordinate pick up from the train. Book an arrival massage too.*

If you have questions: email  
RunKimber@gmail.com  
or WhatsApp/text: 914-482-5004

