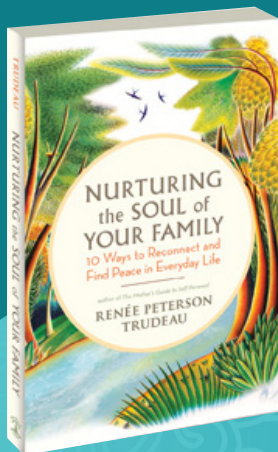


Nurturing Your Soul: A Mini Self-Renewal Retreat

Sunday
June 30th
1:30 - 3:30 p.m.
The Treehouse

Join us for a self-renewal retreat/workshop for women led by nationally-recognized life balance coach/speaker Renée Trudeau, award-winning author of the just-released *Nurturing the Soul of Your Family: 10 Ways to Reconnect and Find Peace in Everyday Life* (New World Library) and *The Mother's Guide to Self-Renewal*.

Enjoy a soulful, rejuvenating retreat with women of all ages as you reconnect with who you are through tapping the power of self-care and enjoy exercises and creative play based on themes from Renee's new book. Explore and celebrate what matters most to our souls and our families while we nourish and renew ourselves and enjoy community and connection with like-minded women.



DATE: June 30th

TIME: 1:30 – 3:30 p.m.

PLACE: The Treehouse

TICKETS:* \$36

DETAILS / REGISTER: www.ReneeTrudeau.com

*Includes a signed copy of *Nurturing the Soul of Your Family: 10 Ways to Reconnect and Find Peace in Everyday Life* (value \$16) and a two-hour mini self-renewal retreat facilitated by Renée Trudeau.



Renée Peterson Trudeau is an internationally recognized life balance coach, speaker, and president of award-winning Career Strategists. Her work has appeared in *The New York Times*, *Good Housekeeping*, *The Yogi Times* and numerous media outlets. Renée has been creating/facilitating transformational women's events for more than 20 years and is on faculty at Kripalu Yoga & Wellness Center. Thousands of women in ten countries are participating in and facilitating Personal Renewal Groups based on her first book, *The Mother's Guide to Self-Renewal*. She lives in Austin, Texas, with her husband and eleven-year old son.

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