Retreat

RENEW

RECREATE

REDISCOVER

Nautilus Retreats

Finding Her Voice

Linda Potter M.A., Retreat Coach
Specializing In Retreats For Women

Mini Retreat

Thursday June 22nd

2 Park Place In Canton, New York
6:30 - 8:30 p.m.

"Extreme Self Care"

A crash course in practical ways to nurture yourself, rediscover joy and bring balance to your life.

Space is limited! Cost per woman is $25.
For more info or to register, contact Linda Potter at (315) 386-4364 or nautilus@twcny.rr.com