

**Women of Wisdom
Retreat
9:00 a.m. - 4:30 p.m.
Saturday,
September 7, 2024**

A Day of Sacred Rest & Rejuvenation

Join us for a day of relaxation, rejuvenation, and spiritual growth in the company of like-minded women.

**Indulge in self-care workshops
and connect with nature.**

**Located at The Red Poppy Bed and
Breakfast Retreat Center,
1865 Harvey Lake Rd, Highland
Charter Twp, MI 48356**

This scenic 10,000 square foot retreat center is nestled in the woods on private lakefront property. Light breakfast and luncheon provided. Come create wonderful memories with us!

Click here to **REGISTER**.



A Day of Sacred Rest & Rejuvenation

Prepare for a day of re-creation. Dress comfortably. Bring:

- **Swimsuit & towel to enjoy the indoor pool**
- **Water bottle to stay hydrated**
- **Lawn chair to lounge on the sun-drenched veranda**
- **An intention of positivity for the day**

Arrive by 9:00 a.m. Concludes by 4:30 p.m.

The Day's Events include:

- **Registration & light breakfast**
- **Welcome: Setting your intention for the day**
- **Opening: Reflection, singing, and Qigong**
- **Lunch break: Luncheon**
- **Happiness movement**
- **Forest bathing**
- **Experience the Center: labyrinth walk, pool time, sit by the lake or verandah, meditation in the quiet room, create art & more!**
- **Blessing experience**
- **Deep peace: closing the day**

Cost \$45

Partial scholarships available. See Gail Parker, Church Administrator, friendsofunitymichigan@gmail.com

[Click here to Register](#) or from FriendsOfUnity.org Home page

Located at the Red Poppy Retreat Center

1865 Harvey Lake Road, Highland Charter Township 48356