

# The Nourished Soul

*A one-day journey of rest, restoration, and renewal*

Join us for an **intimate** one-day **women's wellness retreat** designed to tend to your **mind, body, and spirit.**

## Your Day Includes

- Deep Mindset Story Work
- A la carte wellness services
- Release-Focused Yoga Session
- Nutritious Lunch & Sweet Treats

**When:** Saturday, July 18, 2026

9:00 am to 5:00 pm

**Where:** Spring City (location given on registration)

**Investment:** \$350



Scan the code for more information and registration!

**ONLY 12 SPOTS AVAILABLE SO REGISTER TODAY!**

Last day to register is Friday, June 26. Payment due in full on registration.



**Hosted by:**  
Lori Watson Coaching



[www.loriwatsoncoaching.com](http://www.loriwatsoncoaching.com)



435-262-2046 (Call or Text)