

**READY FOR A DAY OFF?**

# *Get Away Day Retreat*

A complete one-day away retreat of mindful self-care leaving you energized and refreshed!

**SATURDAY MAY 2, 2020  
9AM-5PM  
WENTHWORTH BY THE SEA  
NEW CASTLE, NH**

Retreat Package Includes:

- Morning flow yoga (optional 7am class)
- SPA Inspired Breakfast
- Lunch and Snacks
- Learn how to Manage Your Energy
- Setting Intentions and Bracelets Workshop
- Inspiring Daily Essential Oils
- SPA Yoga Class
- Gift bag with lovely items to bring home

*Your Ultimate Retreat Day \$195*

**TO SIGN UP VISIT**

**[HTTPS://ULRIKASULLIVAN.COM/GET-AWAY-DAY-RETREAT](https://ulrikasullivan.com/get-away-day-retreat)**

**FOR QUESTIONS CONTACT:**

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