



River House
county inn and
restaurant



Women's Wellness Retreat

Sun., April 24-Wed., April 27

Enjoy your Easter festivities, then join us at River House for some much-deserved time off!

Sunday, April 24:

Check-in: 1:00 PM until any time you can get there!
There will be a private reception for attendees at 3:30, entertainment by popular singer, Martha Bassett at 4:00, and the Chef's selection 4-course dinner at 6:00

Monday, April 25

8:00 AM Enjoy an early morning guided hike
9:00 AM Breakfast
10:00 AM Workshop led by Jillian Sarno Teta, ND -
Eat to Reach Your Health Goals

Lunch

1:00 PM Workshop led by Jillian Sarno Teta, ND -
Rethinking Exercise - the Hormonal Aspects
2:30 PM Free Time*
6:30 PM: Dinner will be provided in the main dining room, followed by a fireside chat by the river

Tuesday, April 26

8:00 AM Tai Chi by the River
9:00 AM Breakfast
10:00 AM Workshop led by Sandy Seeber, LPC -
Transform Stress into Vitality, Naturally

Lunch

1:00 PM Workshop led by Sandy Seeber, LPC -
Chinese Medicine for Balance & Self-Awareness
2:30 PM Free Time*
6:30 PM: Dinner will be provided in the main dining room, followed by a fireside chat by the river

Wednesday, April 27

8:00 AM Tai Chi by the River
9:00 AM Breakfast
Goodbyes and Check out.

**Free Time selections include, R&R, kayaking, hiking, fishing, shopping in West Jefferson, trip to local art studio and more! Trail riding, massages and Healing Touch, will be available for an additional charge.*

Cost: \$595.00

includes 3 nights lodging, 8 meals (*alcoholic beverages excluded*), taxes and gratuity, workshops and select free time activities

**Space is extremely limited,
so make your reservations now by calling 336-982-2109**

For more info about the River House visit www.RiverHouseNC.com