Pace of Grace

Women's Retreat

Take time for yourself in a peaceful setting

Sat. June 6, 10 am to 5 pm
Sun. June 7, 9 am to 4 pm

- **Do you often feel overwhelmed, fatigued or overdone?**
- **Would you like to live a more balanced life?**
- **Do you say yes when you'd like to say no?**
- **How often do you take time for yourself and do things that bring you joy?**

Reflect **on where you've been and where you are.**

Determine **what stresses you and what blesses you.**

Explore **areas of your life such as relationships, health, spirituality, and planning a sustainable life.**

Discover **and sustain your Pace of Grace.**

Grab a friend and come to Bainbridge Island, WA!
Enjoy the beauty of nature and the beach.

Facilitator: Betsy Lydle Smith

Investment: $295 Early Bird rate until May 31, includes 2 lunches, materials & snacks - $350 after May 31
Details and Registration at www.virtuestraining.com/53

Space is limited. Register today!