



presents

Live your Best Life

Transformational Women's Day retreat

Imagine a Day of relaxation, rejuvenation, fun and personal transformation!

Join Christine and Melanie for your opportunity to seek and discover what you truly want from life and begin your road to achieving it.

Guided Meditation, Journaling, Adaptable Vision Board creation, Group discussion and Coaching.

Sunday March 9th 2025
9am-3pm

At Body Essential Educational Studio
Gerogetown Square Plaza, 5225 Sheridan Drive, Williamsville

Cost is \$75.00 per person which includes lunch, refreshments and all the materials included for the retreat

LIMITED TIME - Until February 22nd 2025, buy one and bring a friend for free

RSVP by March 2nd, 2025 as limited spots are available.

To Register please
Call Christine at 716-432-8312
or Melanie at 716-713-5087