

# The Savvy Savory Self-Care Retreat

## *A Women's Retreat Practice Extraordinary Self-Care ... Live an Extraordinary Life!*

**Just imagine** ... a weekend of multi-sensory fun, creativity, stretching, play, surprises, yummy food, wonderful connections with wonderful women.

**Just imagine** ... sloooooowing down, breathing deeply, and taking this time just for you!

*"This weekend was one of the most loving gifts I've ever given to myself."  
Liza Tapia Vaughan, CA*

*"It's hard to imagine how I could have and hold in my heart the love, stillness, peace, and affirmation I received over the weekend. I can only hope to be able to return some of that good love and energy to others."  
Eve McClennen, GA*

**About the facilitator:** Corrie Woods is the author of the award-winning book, *The Woman's Field Guide to Exceptional Living*. She is a women's self-care coach and a certified retreat coach. Corrie has been leading retreats in western NC since 1999.



### **Retreat Dates:**

November 7th—9th, 2008

### **Location:**

The magical Bend of Ivy Lodge, on 65 beautiful acres just north of Asheville, N C

### **Your Self-Care Investment:**

\$495 includes 3 days, 2 nights lodging, fabulous gourmet organic meals, all materials and two follow up group calls

### **To Learn more:**

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

**To Register:** Contact [corrie@womansfieldguide.com](mailto:corrie@womansfieldguide.com) or call 828-859-9578