

Body, Mind & Spirit Renewal

3-Day Weekend Retreat
with Anke Banderski

November 18-20



GLEN IVY HOT SPRINGS



Anke Banderski is founder of Heart River Healing in Encinitas, California

**Rediscover lost passions
and let go of inner fear
and doubt as you find
renewed joy, healthful
balance and deeper sense
of purpose in your life.**

Experience the benefits of ThetaHealing®, Theta Yoga, and Passion Mapping with Anke as she guides you on a holistic journey that will allow you to relax, detox and find happiness and harmony to embrace the abundance and peace that come with an open heart and calm mind. No yoga or ThetaHealing experience required. In addition to all retreat activities, accommodations, meals, free spa time and programs at the Hot Springs are included. Private Rooms begin at \$728 (Shared rooms are available)

To reserve your space
call 888-GLEN IVY
For more information,
please visit GlenIvy.com/retreats