



JULY 27

9:00AM - 3:00PM

6000 Greenwood Plaza Blvd.
Suite 105
Centennial, CO 80111

Summer Deep Dive

A therapeutic retreat for befriending
your inner you.

*For adult women, female-identifying,
and non-binary people.*

Immerse yourself in a supportive community, nurture your mind, body, and spirit, and gain skills to enhance mental clarity and emotional resilience. Whether seeking stress relief or personal growth, join us on a journey toward a more fulfilled and empowered you.

Topics may include:

- Visualizing your future
- Exploring personal truths
- Restorative Yoga
- Therapeutic projects

Cost: Free with Medicaid
(or self-pay \$150)

****Limited space available!****

Register by July 19th

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