

# MIND

# BODY

# BLISS

Retreat Day at the Rancho Mañana Resort in Cavecreek, AZ

Proudly sponsored by:



# 11 .11 .18

Harumi

Slow  
Flow  
Yoga

Karyn Diane

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Rudy Dragone  
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Healing  
with  
Hormones

Trina Becksted

Energy  
Medicine  
Routines for  
Self  
Healing

Howard Falco

Author  
Spiritual  
Teacher  
The Power of  
Mindfulness

Tickets: \$39 for the full day and \$25 for a half day.

Contact: [trinac9@cox.net](mailto:trinac9@cox.net) or call (480) 419-1799.

Gift bags worth \$50+ of free passes, samples and product will be given to attendees.  
See [www.cloudninemarketing.com](http://www.cloudninemarketing.com) and [www.holistichealingnews.com](http://www.holistichealingnews.com) for more information.