

June 12<sup>th</sup> -14<sup>th</sup>, 2026

# WOMENS MENTAL HEALTH INTENSIVE & WELLNESS RETREAT



Reconnect. Rebalance. Recharge.

## What's offered:

- ✓ \*Mental Health Specific Workshops
  - ✓ ADHD Support/Coaching
  - ✓ Perinatal Wellness to Menopause Support
  - ✓ Expressive Art workshops
  - ✓ Pelvic Floor Physiotherapy Group Class
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- ✓ Meditation Sessions
  - ✓ Sound Healing & Forest Bathing
  - ✓ Somatic Movement
  - ✓ Holistic Workshops



*Scan QR Code  
to reserve  
your spot!*

**Held at Sorrento Retreat &  
Conference Centre, Sorrento, BC**

Cost starting at \$475. Visit website for more info:  
[yogaandtherapywithlisamarie.online](http://yogaandtherapywithlisamarie.online)

*\* Participants who attend group counselling workshops may be eligible for reimbursement through their mental health benefits.*