

3RD ANNUAL FAITH AND FITNESS RETREAT BY JUST US WOMEN PRODUCTIONS

Faith & Fitness Retreats create an anointed space where women remove the boundaries that we place on our FAITH and give ourselves permission to use all of our gifts and talents to worship, praise, and give glory to God.



DAY 1 | CLARITY

check in at 3pm on Friday and explore the Stony Point Center grounds. Settle into your space, unwind from the work week, set your intentions for the weekend, and get acquainted with a great community of women.

DAY 3 | CONFIDENCE

give praise, worship, and gratitude as you explore how to cultivate and nurture the seeds that you've planted during the retreat. Check out time is 3pm.

DAY 2 | COURAGE

begin with breakfast followed by interactive learning circles that will help you to exercise your body, spirit, and mind. Take your faith and fitness to the next level in ways that are unique to you. Indulge in self-reflection and self-care.

REGISTRATION INCLUDES

Lodging, delicious meals, snacks, learning circles & supplies, rest & relaxation. Worship, movement, dance, swag bags, movie night, free WIFI access, idyllic setting & more.

Early registration by Dec. 10th: Full \$390 or Payment schedule of 5 easy payments of \$80 in 28-day increments * Price increases after Dec. 10th * Saturday only price available

Pay Online <http://justuswomen.org/retreatregistration>

Mailing address: Just Us Women Productions, PO Box 744, Harriman, NY 10926

For More Information: Info@justuswomen.org * 914-595-2065

Your hosts: Tamara Wrenn & LaTonya Baruc | Fitness & Wellness Experts