

First Annual Charitable

Virginia Women's Nature Retreat

"Discovering the Keys to Calm and Wellness"



Come join us for an experience of communion and connection with other Virginia women who share the challenges faced by 21st century multiple role females.

Activities will Include:

Group discussion and stress management session including basic yoga, mindfulness, and relaxation breathing led by Dr. Barbara Morgan

Equine Assisted Learning Activities
NO RIDING INVOLVED



12007 Halifax
Road
Petersburg, VA
23805

www.eqfarm.webstarts.com
Facebook—EQ Farm



Sunday April 6th, 2014

1pm—4pm

(Enjoy a wine tasting &
hors d'oeuvres upon conclusion)

Check-In at 12:30pm

(Rain Date April 27th)

OR

Saturday May 17th, 2014

9am—12pm

(Enjoy pastries and coffee)

Check-In at 8:30am

(Rain Date May 31st)

\$30 / person

(payable by cash or check only on
day of event)

Register Early ~ Space is Limited!

Contact:
Dr. Barbara Morgan

barbmorgan7@gmail.com

(804) 712-3974

NET PROCEEDS WILL BE
DONATED TO PEACEFUL
VALLEY DONKEY RESCUE
AND DREAM CATCHERS
THERAPEUTIC RIDING
CENTER