

Are you ready for a profound transformation? Dive into the "Love Yourself Retreat," a 3-day, 2-night experience designed for your holistic well-being and self-love journey.

Join us for a soul-nourishing retreat designed to help you discover the true essence of self-love. Filled with transformative activities and healing practices, this is more than a getaway. It's an opportunity to connect with your inner self, leaving you with practical tools for a journey of self-love.

Immerse yourself in a rejuvenating sound bath, heart-opening yoga session, energy medicine workshops, and more, all led by seasoned practitioners who bring a wealth of expertise ensuring a holistic approach to your well-being.

OUR LEADERS:

Dr. Theresa Pigott, DC

Chiropractor. As a chiropractor, Theresa contributes expertise in spinal health, alignment, and overall physical well-being.

NET Certified Doctor. As a Neuro Emotional Technique (NET) practitioner, Theresa addresses the connection between emotional experience and physical health, promoting emotional release.

Doula. Theresa's doula expertise contributes to creating a supportive and nurturing environment.

Energy Medicine Practitioner. As an energy medicine practitioner, Theresa brings an integration of energy-based modalities to support healing and balance.

Founder, Authentic Living Center.

Theresa's leadership with the Authentic Living Center reflects a commitment to fostering authenticity and genuine self-discovery.

Visit www.Authentic-Living-Center.com to reserve your space.

Dr. Jen Vogtmann, OTRL

Occupational Therapist (ORL).

Jen brings knowledge in occupational therapy, focusing on promoting holistic well-being and functional independence.

Reiki Master Practitioner. As a Reiki Master, Jen incorporates energy healing to balance the body's energy and promote relaxation and healing.

Doula. As a doula, Jen provides nurturing support and a sense of comfort and safety.

Intuitive Life Coach. Jen's coaching skills promote her guidance of individuals as they tap into their inner wisdom, making transformative life choices.

Founder, Inspireed by Jen. Jen's role as founder of *Inspired by Jen* shows her commitment to inspiring and empowering others on their personal growth journeys.

Lake Huron Retreat Center

Port Huron, Michigan

All inclusive: Meals, events, shared accommodations ~ \$550-595