



Awakening Joy for Women



Women's Wellness Half or Full Day Yoga and Self-Care Retreats

The women in your community will undoubtedly delight in attending an Awakening Joy for Women retreat with Beth McCarthy. Awakening Joy for Women retreats can be booked as a single event, or as a series to be enjoyed on a monthly to quarterly basis. The retreat is rich in teachings and activities including self-care and intention-setting practices, women's nutrition teachings with delicious tastings, gentle yoga, meditation, journaling, creative expression and art, and group walks and talks sprinkled with quiet, reflective time.

I believe that when women care for themselves on a daily basis, tending to their personal goals and needs, they are capable of taking on the world, and experience their richest and most meaningful life. If you are tired of feeling run down, stressed and disconnected from your self, your health, your dreams, and your true life purpose, Awakening Joy for Women is the perfect fit for you!

– Beth McCarthy, Women's Retreat Leader

To learn more, and to book a Joyful
Wellness Yoga Event, please visit:
joyfulwellnesswithbeth.com 719-440-2815.

