

Christ-centered Holistic Health Retreat

— at White Sulphur Springs —

27-29 September 2024



Now may the God of peace himself sanctify
you completely, and may your whole spirit
and soul and body be kept blameless at the
coming of our Lord Jesus Christ
1 Thess 5:23

What is God's design for me?

We know that we are born into a world at war. Our culture desires to harm us spiritually, but what happens when we come back to God's design for our hearts? There's real peace, freedom, victory, and healing. So, what is our expectation when we come back to His design for our bodies? Join us for a weekend of exploration as we delve into scripture and collaborative study of God's design for us, His children, as we learn to live in order, first from the life of Christ now alive in us spiritually, then through soul and body.

Details:

Friday Dinner - Sunday
Lunch
Hands-on learning
experiences



Exquisite low inflammatory food... fresh local and, as often as possible, organic produce and meat



Childcare for ages 0-10, \$35/child

CALL US: 814-623-5583

REGISTER HERE:



Come as you are... whether you are aging, struggling with chronic pain, an athlete interested in peak performance, a mom hoping to raise healthy children, or simply a Christ-follower seeking His design in every facet of your life. You will come away with something life-giving from this retreat.

Meals and lodging- \$91/adult/night, \$46/teens/night, \$36/youth/night, ages 0-2 no cost, Conference fee-\$80 per family registration, WSS kitchen -\$25/person for locally sourced, whole foods upgrade

Who is teaching and what topics will be covered?

Steele & Natalie Sessions
Event Organizers, leading Socratic discussion, teaching The Practice of Natural Movement (C) along with the basic principles foot health



Lee Bryan

Founder of SimpLee Sourdough, bringing farm fresh cooking and homemade sourdough bread for your delight



Marlisa & Chris Eyre

Marlisa is the founder of Carriage House Pilates, and with her husband shares a passion for inner healing prayer



Maureen Diaz

Founder of God's Good Table, a company focused on sharing the message of health, healing & hope through timeless principles rooted in God's word



Kelly & Ken O'Connor

Kelly recovered from Lyme through herbal intervention and is completing her Master Herbalist certification while she and her husband run a regenerative farm

