

restore ^{the} body retreat

A LIFE CHANGING JOURNEY

Host Packet

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.

THE *Art* OF BALANCE & WELL-BEING

Restore The Body, welcomes you to be part of our “A Life Changing Journey” Retreats. You are an essential part of our mission and vision to providing life coaching and health coaching tools that heals and empowers individuals to produce positive change in their lives and communities. Our theme for this year is The Art of Balance & Well-Being. We are excited about the year ahead and hope you are as well.

Our Mission

Restore The Body, A Life Changing Journey, is an interactive, educational, life and health coaching retreat that empowers individuals to produce positive change in their lives and communities.

Our Vision

We seek to influence as many lives as possible providing a pathway of healing; freedom and restoration that transforms the ashes of individuals, families, youth, care givers and senior's lives to beauty. Creating sustainable, healthy, and engaged communities that continue to heal and grow in meaningful and creative directions providing a brighter future, making a difference, in their world and community.

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April 1, 2017

Dear Church Ministries,

We are pleased to invite you to attend and or host "Restore The Body, Life Changing Journey -The Art of Balance & Well-Being Retreat" as an event for your ministry. This retreat is a 1 day interactive, hands on, educational, fun filled retreat designed to empower individuals to produce positive change in the lives of individuals, families, youth, care givers, seniors and communities.

Our team, full one-stop packaged retreat include 7 journey workshop session topics: Life and Health Coaching (for men and women), De-Stressing Exercises, Clean Eating, Essential Oils, Hands and Foot Reflexology, The Body's Many Cries For Water – (Kangen Water), Nutritional Hebraist and a catered clean eating chef prepared lunch, all designed for men, women and youths ages 15-20. We come to you.

This great opportunity is designed for participants to gather information from a variety of health and well-being organizations that can have a positive impact on re-directing and changing their lives and well-being.

A number of exhibitors will be hosting interactive sampling demonstrations; de-stress exercises, chair & hand massages, blood pressure check, clean cooking recipes, food & essential oils tasting samples, hands and foot reflexology demonstrations. You'll have fun while you learn.

For additional information, please email us at restorethebody@outlook.com

or visit us at www.restorethebodyretreat.com . Your health and well-being is vitally important. We encourage you to sponsor a Life Changing Journey -The Art of Balance & Well-Being Retreat. Together, we can influence as many lives as possible providing a pathway of healing; freedom and restoration which transforms the ashes of their lives to beauty.

Blessings,

Restore The Body Retreat Team

Exhibitor's tables and taste samples will be available to reflect each speaker's ministry.



Request to Host or Sponsor a “Restore The Body Retreat”

If you’ve considered a wellness retreat in the past, don’t miss this opportunity for an uplifting, interactive and fulfilling experience. Restore The Body, The Art of Wellness & Well-Being will be one of the greatest “LIFE CHANGING JOURNEY” you’ll give to your Church or Ministry.

Learn the art of balance and well-being (physical, social, emotional, spiritual, mental, occupational, financial and environmental) and how to achieve balance in each area. Discover new ways to grow spiritually, enhance your health and well-being, improve your relationships and obtain optimal wellness.

JOIN US! By hosting or sponsoring a retreat. Below is a registration form to fill out and submit to the email below.

Contact Us At:

Leisa Arrington

(757) 627-7797

Email: retreat@restorethebodyretreat.com

Website: www.restorethebodyretreat.com

Yes! Our Ministry would to Host _____ Sponsor _____ Well-Being Retreat.

Date _____

Your Name (required)

Your Ministry Name (required) _____

Your Phone Number _____

Your Email (required) _____

First Choice Date _____

Second Choice Date _____

Estimated Number of Participants _____