

Summer Serenity

Vision, Reflection and Relaxation Retreat with



Tuesday July 11th, 8:30 am to 1:00 pm
at Grand Falls Casino and Resort

Think ahead to the middle of July. Your schedule is a mess. The kids have been out of school for six weeks and you've run out of ideas and cares. You've got fruit snacks ground into the floor mats in your car and nail polish stains on your kitchen table.

You need a break. Time for relaxation. A pause for serenity.

Welcome to a day for YOU, brought to you by Melissa J. Creative. We are delighted to present *Summer Serenity*, a half-day journaling, mindfulness, and vision boarding retreat at Grand Falls Casino and Resort just minutes east of Sioux Falls.

This Summer Serenity retreat experience has been thoughtfully designed for you to reflect on the past and create your future with time for learning, connection, and relaxation all in one.

Retreat includes a welcome breakfast, mindfulness meditation, guided journaling sessions led by expert instructors, and a light lunch. You'll also get everything you need to connect with your creativity and "play" as you design your life's vision board. Explore your inner self and create a roadmap towards your goals, then take your completed board home as a tangible and visual reminder of your goals and dreams.

After the guided retreat experience has concluded at 1 pm, you may choose to take some extra time of reflection as you indulge in luxurious spa services at the Spa at Grand Falls. Call (712) 777-7782 to book on your own under the reservation Melissa J Creative. Or if you wish, lounge by the outdoor oasis pool or play a round of golf, extending your time for connection, relaxation, and refreshment.

Your all-inclusive investment in the entire Summer Serenity experience is \$360, investing less than one dollar per day for the year in your most valuable life resource: *your own wellbeing*. Reflection journal and vision board materials are all included, as well as journaling sessions, vision board direction, and all teaching. Breakfast and lunch are also included. (Spa services to be

booked and paid separately, if you so choose.) Summer Serenity Retreat participants will also have use of the outdoor oasis pool for the afternoon.

Spots are intentionally limited to keep the group small, the attention focused, and the sharing safe and intimate. Spend one day in the middle of summer refreshing, rejuvenating, and investing in yourself. Why wait until you're feeling stressed? Give yourself a gift right away of a box to look forward to on the calendar: July 11th.

To book your spot at the Summer Serenity retreat right away, email hello@melissajcreative.com.

Note: a \$100 deposit will hold your spot, with the remaining balance due one week prior to the Summer Serenity Retreat. If you'd prefer to pay in full right away upon booking, Gratitude Pricing of \$340 (a \$20 Thank You!) will apply.

Additionally: You may decide an overnight by yourself or with friends is just the thing you need to enhance your retreat experience. Rooms may be booked under a special rate for either Monday July 10th or Tuesday July 11th under the Melissa J Creative room block.

