

# GALILEE'S BODY, MIND & SOUL RETREAT

April 11 - 13, 2025  
Lake Tahoe

## **FREEDOM TO THRIVE:**

*Reimagining Wholeness and Connection*

What if thriving isn't about doing more but about reclaiming what's already yours? This retreat is an invitation to pause and listen—to your body, your mind, and your soul.

We'll move, create, and reflect in ways that help you reconnect with the pieces of yourself that often get lost in the noise and shuffle of busy life. There's no formula here, no checklist, nothing to accomplish or be better at – just honest exploration and the space to rediscover what freedom feels like in your own skin.

Come as you are, and leave with a renewed sense of who you're meant to be.

The weekend cost includes shared lodging, meals and all program activities. Cost per person is \$315 in Derby Talbot Lodge; \$295 in Frensdorff Lodge; \$275 for Lewis or Delamar Cabin; \$240 for Aurora or Tuscarora Dorm; and Commuter Rate for \$160. \$75 deposit/person required.

**Register online at [galileetahoe.org](http://galileetahoe.org)**