



LOVE IS A LIFESTYLE
SOULSHINE
RESTORATIVE RETREATS

DAY 1 ARRIVE BETWEEN 6 – 8 PM ~ **DAY 2** DEPART AROUND NOON

WILMINGTON, NC 28403

Paleo dinner and evening meditation
Select your own adventures for the evening (2):
tea ceremony, visionboarding, bonfire, warm bath

Paleo breakfast and morning meditation
Select your own adventures for the day (2):
yoga+nature excursion, essential oil apothecary, feng shui design

Overnight accommodations include your own private bedroom and shared bathroom.

FOR MORE INFORMATION CONTACT: LUCY (AT) LOVEISALIFESTYLE.US