

# REGULATE & RESTORE

WITH JENN PINKERTON & JUSTIN SINGER



SATURDAY, SEPT 21 9AM-1PM

## JOIN US FOR A HALF DAY MICRO RETREAT

- LEARN STRESS MANAGEMENT FOUNDATIONS INCLUDING SOMATIC RELEASE
- CHALLENGE PERCEIVED MENTAL AND PHYSICAL LIMITATIONS THROUGH LAND WORKOUTS AND YOGA
- RELAX IN A RESTORATIVE FLOATING SOUND BATH
- CELEBRATE WITH A CHAMPAGNE TOAST W/ BUBBLES
- BUILD & CULTIVATE RELATIONSHIPS WITH A POWERFUL COMMUNITY
- OPTIONAL POOL PLUNGE AND/OR COLD PLUNGE TO RELAX AND RESTORE

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UPGRADE YOUR MENTAL HEALTH,  
UPGRADE YOUR PHYSICAL HEALTH,  
UPGRADE YOUR RELATIONSHIPS WITH  
OTHER AMAZING HUMANS,  
**UPGRADE YOURSELF!**

SATURDAY, SEPTEMBER 13<sup>TH</sup> 3-5PM

CHALLENGE | CONNECT | RECHARGE