Testimonial

LINDSEY B

I recently had the pleasure of attending a restorative yoga retreat that I can confidently say was life changing. The retreat was designed to help participants connect with God and his word through the practice of yoga, intentional study time, and group discussions. From the moment I arrived, I was struck with the peaceful welcoming atmosphere of the retreat center. Every detail was incredibly thought out, and I immediately felt at home. I knew I was in for a transformative experience. The yoga sessions themselves led by Eryn, a knowledgeable and compassionate, instructor who clearly had a deep knowledge of both yoga and scripture. Each session was tailored to help us connect with God and his work in a meaningful way, and I found myself feeling more centered & spiritually connected with each passing day. In addition to the yoga sessions, the retreat included group discussions, individual reflection time, & opportunities for fellowship with the other participants. I felt supported and encouraged throughout the entire retreat.

Overall, I cannot recommend this yoga retreat enough. If you're looking for a way to deepen your connection with God and his word while also taking care of your body and mind, this retreat is truly a gift. I came away feeling more grounded, peaceful, and spiritually fulfilled than I have in a long time. I know the lessons and practices I learned during the retreat will stay with me for a life time!

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