



Presents . . . “HEALING on the HILL”

We believe that everyone should escape every once in a while . . . that yoga and meditation are good for your mind, body and soul . . . that “health” can be achieved by listening carefully to your body . . . and that “Tuscany” can exist here and now! Welcome to “Healing on the Hill”.

During your retreat getaway to Tuscan Hill, you will experience the following:

- 75-Minute Yoga & Meditation session led by some of Springfield’s best – Beth Spindler, Alicia Epps and Tammi Good (Bring your mat & towel)
- Cooking Demonstration with Grace Rybarczyk of The Nude Foodie
- Mini massage by a few of Springfield’s best therapists – Kelly Boswell, Shawna Cravens & Amber Parrish
- “Healing from the Inside Out” inspirational message with Beth Spindler of “Teach to Inspire”
- “Gluten-Free” Q&A with Soni Copeland, ND, CNHP, & Owner of Herb Depot & Organic Market, Monett
- Brunch/Lunch on the Patios by Patty Wingo of Simply Delicious Catering
- Live Music on the Patios with “Ellie”
- iBody Directory Awareness with Karyn O’Dell, of Life Spiraling Forward (5% supports iBody!)

This exclusive retreat will only happen on one occasion this fall, so book your “healing” now!

SAT, 10/20, Choose 8:00, 9:45, OR 11:30 am, \$99, Reservations & Prepayment Required



FOR SPECIAL OCCASIONS

5808 E. Farm Road 116, Strafford, MO

Call us: 417.860.7208 * Visit us: www.tuscan-hill.com * Like us: Facebook * Follow us: Twitter