



Women's Wellness Retreat

October 9-13, 2019

Near Emerald Isle, N.C.

Susan will take 8 guests to the new "Tranquilla" retreat house in Swansboro, N.C. to experience health and wellness near the ocean! This experience is designed to take you away from the stress and demand of daily living and allow you to decompress, reflect, and renew while eating healthy, exercising, and exploring new environments.

The retreat setting is quiet, calm, cozy, warm, and casual. You will have opportunities to practice Yoga and Pilates daily and participate in Susan's custom designed "BBalanced" program each morning. Excursions are planned to Bear Island (at the Hammocks Beach Park) and the Croatan National Forest; there will be lots of movement and activity as well as opportunities for relaxation. Therapy services will also be available.

Special pricing is available for our maiden voyage; our next retreat is planned for April 2020. Listed below are the rates and rooms available for the October 2019 Retreat.

Room and Bed	Pricing
Suz's Sanctuary Queen (1 available)	\$750.00
Suz's Sanctuary Twin (1 available)	\$725.00
Nancy's Nest Twin (2 available)	\$700.00
Seth's Sandbar Twin (3 available)	\$675.00
Seth's Sandbar Queen (1 available)	\$700.00

Room Descriptions Follow.



Tranquilla Room Descriptions

Suz's Sanctuary is the Master Suite with an on suite (soaking tub, shower, etc.) and has one Queen Bed and one Twin Bed.

Nancy's Nest houses two twin beds and is whimsically decorated and has a bathroom just a step away! Seth's Sandbar is a dormitory style suite which is warm and cozy and houses one Queen Bed and three twins.

Registration Information

If you are interested in more information about our retreat, let us know! If you would like to see a video of the retreat home, email us and we will send you a link to our private retreat video.

Deposit	Hold your room with a 25% deposit, due by August 30 th .
Payment In Full	Payment in full by September 15 th
Cancellation Policy	Full refund if cancellation by August 30 th 50% refund if cancellation by September 15 th . 25% refund if cancellation by October 1.

Facilitators

Susan L. Spangler, Owner, Pilates Plus Wellness Center. Susan is a Holistic Health Coach, Pilates Instructor, Yoga teacher, and Consulting Hypnotist. Susan loves to blend her passions and experience with like-minded people who are on the health and wellness journey. Tracey Turner-Keyser, Owner, Full Circle Family Counseling. Tracey is a practicing L.P.C.S., Yoga teacher, and Level 4 Healing Touch Therapist. Tracey loves to share the outdoors with people and is a Forest Therapy Guide.



A heartfelt invitation: Susan and Dan have dreamed of creating a space where you can come to relax and be renewed. Our hearts and souls have been poured into the space and we hope to share it with you.

Please contact us at 301-952-1111 to register or for more information.