



Renewal &  
Mentor  
Training  
2025

# Rest your body and relax your mind

Find your experience in here. Attending a summer course in person offers more than just professional inspiration and community connections—it's an opportunity for deep personal rejuvenation.



## TREATMENT

- **Holistic Custom Facial**  
30 Min | Kira Atkinson \$45
  
- **Healing Massage**  
30 Min | Liliana Rivera \$45

## ACTIVITY

- **Restorative Yoga and Meditation**  
60 Min | Allison Kibler \$10
  
- **Forest Bathing Explorations**  
45 Min | Will Minehart \$10
  
- **Guided Bird Walk**  
45 Min | Will Minehart \$10
  
- **Artistic Engagement for the Soul**  
60 Min | Chenoa Pelligra \$10

For more info :  
[Renewal 2025](#)

