



wellness retreat

indulge in soul-nourishing self care & advanced education

Morning session will focus on beginner level yoga, stretching, meditation, stylist postures, and breathing exercises to improve your everyday living. Whether you're a yoga pro or a novice, you will learn lifelong techniques to create a life in balance.

Afternoon session will be a hands-on experience focusing on inspiring your professional creativity, demonstrating advanced haircare trends and educational tips and tricks from a L'ANZA Pro Artist.

***Conscious nourishment will be discussed.
Lunch will be provided.***

Monday, October 13th
10:00am-4:00pm

Omaha's Henry Doorly Zoo & Aquarium
3701 South 10th Street
Omaha, NE 68107

\$99.00

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