

FIT FARM



• CHALLENGE YOUR LIMITS •

WOMEN'S WELLNESS RETREAT

THE YEAR OF YOU!

**THURSDAY
MAY 2ND TILL
SUNDAY
MAY 5TH**



3:00-3:30 Check-in
3:30-4:30 Fit Farm Orientation
4:30-5:30 Yoga Stretch and Meditation
5:30-6:00 Dinner
6:00-6:30 Women's Wellness Retreat Orientation
6:30-9:30 Free time/Spa treatments

**THU
5/2**

7:00-8:00 Walk, Yoga and Meditation (optional)
8:00-9:00 Breakfast and Wellness Education
9:00-10:30 Fit Farm Fitness Class (optional)
10:30-12:00 Seminar I
12:00-1:00 Lunch with Wellness Education
1:00-3:00 Free Time w/ Option to Jump Into Fit Farm
Fitness Classes or Spa Treatments
3:00-4:30 Seminar II
4:30-5:30 Yoga Stretch and Relaxation (optional)
5:30-6:30 Dinner
6:30-8:30 Movie Night/Free time/Spa treatments
(optional)

**FRI
5/3**

7:00-8:00 Walk, Yoga and Meditation (optional)
8:00-9:00 Breakfast and Wellness Education
9:00-10:30 Seminar III
10:30-11:00 Break
11:00-12:00 Fit Farm Provided Movement Class
12:00-1:00 Lunch with Wellness Education
1:00-4:00 Free Time w/ Option to Jump Into Fit Farm
Fitness Classes or Spa Treatments
4:00-5:30 Seminar IV
5:30- 6:30 Dinner
6:30-7:30 Sunset Dessert Reception

**SAT
5/4**

7:00-8:00 Walk, Yoga and Meditation (optional)
8:00-9:00 Breakfast and Wellness Education
9:00-10:00 Fit Farm Fitness Class (optional)
*Note, Checkout is at 10AM
10:00-11:30 Seminar V
11:30 Departures

**SUN
5/5**

ABOUT THE SEMINAR LEADER

Kristin Russell, Ph.D

Kristin Russell, Ph.D., is a licensed psychologist specializing in self-care for women. She has worked with women since 1998. Her therapy practice developed out of both a personal and professional awareness of how the demands of everyday life and juggling multiple responsibilities, too often, leave women worn out.

Dr. Russell encourages women to create life choices that reflect self-care by treating themselves with the same love and concern they offer to others. This includes learning to create a balanced schedule and make choices that simplify daily living. Her own self-care includes enjoying a part-time private practice, spending time with her husband and three boys, baking, and practicing yoga.



Please note, Women's Wellness Weekend includes RMR testing and STYKU testing (\$200 Value). The tests take 30 minutes to complete per person. Please sign-up for a testing time at check-in time.

Please note, there is complimentary airport pick up on our shuttle bus available only at 11AM and 4PM on Thursdays. On Sunday complimentary airport drop-off service is available at 10:30AM and 2:30PM to reach the airport at 11:30AM and 3:30PM

CALL TO GET STARTED.
GAIN INVALUABLE SKILL
SETS AND EXPERIENCES.



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