

2 DAY
DE-STRESS RETREAT
LIGHTEN UP!

HOGS BACK TO NATURE

The Edge Mountain Retreat - HOGSBACK

**LIGHTEN YOUR LOAD
AS YOU GET BACK TO NATURE
WITH JENN GREEN**

*This Retreat will provide you
with Simple Tools & Techniques
on how to deal with stress*

*Hogsback is the ideal
environment to inspire
you to connect
with Nature*

*These Retreats begin
on the 3rd Sunday
of every month*

R2,500 All Inclusive

*Jenn Green Internationally Qualified (ITEC) Health & Well-being Therapist
Jenn Green 076 366 5223 or 076 366 5187 (whatsapp)
backtobasics.sa@gmail.com www.backtobasicswithjenngreen.co.za*

"The Human Spirit needs places where Nature has not been rearranged by the hand of man"

BROUGHT TO YOU BY HOGSBACK EVENTS: 083 293 6187 (Leigh)