



THOUGHTLESS
SPACES

DETOX RETREAT

MARCH 18-19, 2017

www.ThoughtlessSpaces.com

**DO YOU FEEL TIRED AND LACKING ENERGY?
SHED THE WINTER BLUES AND KICKSTART YOUR SPRING WITH
A REVITALIZING WEEKEND TO CLEANSE YOUR BODY AND MIND.**

Join us for some Thoughtless Treats at Windrift Hall, a historic retreat in the beautiful Hudson Valley just in time for the Spring Equinox
March 18-19, 2017

Together with a fabulous team of Ayurvedic practitioners we'll help you to clear up spaces from inside out. Tap into the rejuvenating powers of nature with invigorating yoga classes, massages, Reiki and crystal healing. Discover how foods, spices and herbs can effect your well-being and learn how to make your own detox remedies and body lotions. Recharge your energies, clear your way to a fresh start and connect to a community of like-minded souls.



More info at thoughtlesspaces.com | windrifthall.com



THOUGHTLESS SPACES | thoughtlesspaces@gmail.com | 917.496.7009