

THE WELLNESS WEEKEND

at River Bend Farm

APRIL 22 - 24, 2022



Join The Ecology School at River Bend Farm for a weekend dedicated to you.

Our overnight Wellness Weekend is an opportunity to *reconnect, recharge, and reinvigorate* our lives. Our wealth of wellness practitioners will be leading sessions to help you *reengage* with yourself, and your relationships with others.

Together, we will enjoy **six delicious & fresh meals** made from scratch, attend **inspiring sessions** at our state-of-the-art green learning center, and **relax** at River Bend Farm, one of the most beautiful farms in Maine.

Wellness Practitioners:

- Mindfulness Center of Maine
- Light the Way Nutrition
- Beacon Community Fitness
- Spiraldance Breathwork
- Ace Therapeutic Massage
- Mindset & Muscle Ups
- The Momma Movement
- Studio Shaps
- ... and more!

The Ecology School at River Bend Farm Campus:

Our sustainably built campus is designed to rejuvenate the senses and reconnect our visitors with the natural world. Built to the **Living Building Challenge** standards, our innovative buildings are a breath of fresh air.



Join Us!

\$350 Friday-Sunday

River
Bend
Farm

SACO, MAINE

Connect with us for
more information and
to register!

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