



LAUREN ANNE

25-28 JULY 2025

# Cantwell Lodge Retreat

**Soaring trees, towering rocks,  
rushing waterfalls, and seclusion just  
45 minutes from Columbus, Ohio.**

**Find yourself surrounded by Ohio's  
most beautiful natural features,  
including an iconic waterfall and  
swimming hole.**

**Get away for 3 days and 3 nights for  
this inspiring women's retreat where  
we will disconnect from our daily  
lives and shift our focus to  
connecting with ourselves, with  
others and with nature.**



LAUREN ANNE

# Day 1

**FRIDAY 25 JULY**

**4PM - CHECK INTO ROOMS**

**530PM - WELCOME CIRCLE & SOUND**

**HEALING EXPERIENCE**

**730PM - DINNER**

# Day 2

**SATURDAY 26 JULY**

**730AM - YOGA & MEDITATION**

**9AM - BREAKFAST**

**10AM - MANIFESTATION WORKSHOP**

**11AM - FREE TIME**

**1PM - LUNCH**

**530PM - YIN YOGA & CUPPING MASSAGE**

**730PM - DINNER**

*\*Flexible & subject to change*

# Day 3

SUNDAY 27 JULY

730 - YOGA & BREATHWORK

9AM - FREETIME (EXPLORING, HIKING,  
SWIMMING, ETC. AT YOUR LEISURE)

5PM - YOGA NIDRA & SOUND HEALING

730PM - OPTIONAL GROUP DINNER OUTING

# Day 4

MONDAY 28 JULY

730AM - YOGA SESSION

830AM - BREAKFAST & TIME TO PACK


10AM - CLOSING CIRCLE

11AM - DEPARTURE

*\*Flexible & subject to change*

# What's Included...

- **3 nights in the room of your choosing**  
*(please refer to website)*
- **Culinary experience**  
*(please refer to website)*
- **Daily group yoga sessions**
- **Group meditation sessions**
- **Group sound healing sessions**
- **Group workshops**
- **Gift bag & retreat booklet**



*LA*

LAUREN ANNE

# Your Host

**Lauren Anne was born and raised in Ontario, Canada. She now lives in Dubai, UAE where she is a Yoga Teacher & Consultant. Lauren has hosted what have been referred to as, “life-changing” retreats all around the world in Bali, Thailand, South Korea and many more exciting locations. As a continued education provider for the International Yoga Alliance, she has over 4000+ teaching hours and is a recognised ambassador of Lululemon & Nike Women.**



LAUREN ANNE

# How to Book...

Visit my website by [clicking here](#) for more information on the rooms and pricing...

*Please note the rooms are limited and all rooms are different. Availability is based on a first paid basis so be sure to book your spot early.*

# Contact me...

Email me at...

[info@laurenannewellness.com](mailto:info@laurenannewellness.com)

Whatsapp, iMsg or text me at..

+971562598117



LAUREN ANNE