



3RD ANNUAL

Unwind at The Abbey at Otter Creek

 **Saturday, August 22nd**
 **8:30AM – 2:00PM** (Check in begins at 8:00am)
 **E11096 Yanke Dr, Prairie du Sac, WI 53578**

This experience includes:

- **Sauna & Cold Plunge**
- **Massage or Facial**
- **Somatic Body Mapping**
- **Stretching & Functional Movement**
- **Mat Pilates**
- **Self-guided Meditation**
- **Heart Rate Variability Scans**
- **Make & Take Bouquets**
- **Meditation Walk to Otter Creek**
- **C2 Juicery Catered Lunch**

Immerse yourself
in a morning of rest,
renewal, and
reconnection at our
annual full-service
retreat with **local**
practitioners.



Register Early & Save

June 1–14: \$225
After June 14: \$275

**Limited availability,
to learn more & reserve
your space, visit
theabbeyatottercreek.com**



Bring a swim suit, change
of clothing, towel and a
yoga mat.
Swag bags will be
provided for each
individual!

For questions, reach out to eventbookingspa@gmail.com