

Retreats and Health and Wellness VIP Services: (inquire for pricing)



Includes:

- 1 hour group or individual coaching session with Jenny
- 1 hour movement and strength session with expert regenerative movement coach, Everett Hoffman
- 1 hour body positive photoshoot with Figurative photographer, Abby Bernstein
- 1 hands-on healthy cooking demo and workshop with me
- Guided meditations
- Mindful Eating culinary exercise
- Lots of time to unwind, connect and journal

Click [HERE](#) to schedule your consult and book your retreat
www.jennyedencoaching.com - jenny@jennyedencoaching.com

