



**Join Us For Our**

# Walk & Talks

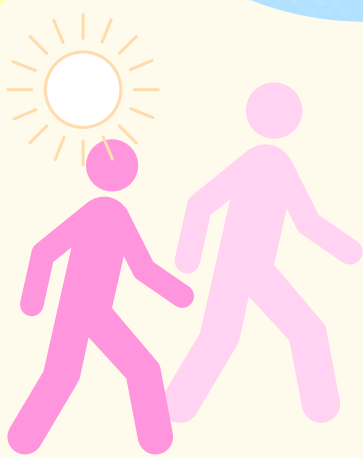
**Slow down, get outside, and connect with like minded women as we reflect, reset and set intentions for the week ahead.**

**WHEN, WHERE, COST?**

**WHEN- TBD**

**Where- Palm Beach**

**Cost- \$35.00**



**WALK, BREATHE,  
RESET &  
RECHARGE**

## More Info-

### Who Is This For?

A 2 hour session For all Neurodivergent Women seeking connection, support, and gentle accountability in a supportive community setting.

### What To Expect

Each session includes a gentle welcome, time in nature, movement, and a personal journalling worksheet to set intentions for the week ahead.

**What To Bring-** Feel Free to bring a Drink Bottle, Pen, Notebook, Comfortable Walking Attire & Shoes.

*Spaces are strictly limited to under 10 per session to keep the group small and supportive, please book early if you're interested. Due to management and preparation all bookings are non-refundable (including late cancellations), so please ensure you are committed to attending before booking and if for some reason you can't make it physically please advise us and we will send any material discussed on the day to your email instead so you don't miss out or you can gift the spot to a friend.*

