

You're Invited to a Family Meditation Retreat!

Dear Families,

We are excited to invite you to our upcoming Meditation Retreat, designed especially for families looking to explore the power of mindfulness together. Join us for a weekend of relaxation, connection, and spiritual growth.

Details of the Retreat:

- **Date:** June 15-17, 2024
- **Location:** Serenity Springs Retreat Center
- **Activities:** Guided meditation sessions, family workshops, nature walks, and more!
- **Cost:** \$150 per family (includes meals and accommodations)

What to Bring:

- Comfortable clothing
- A yoga mat or blanket
- Any personal meditation items (cushions, books, etc.)

Please RSVP by May 1, 2024, to secure your spot!

We look forward to meditating and creating beautiful memories with your family.

Warm regards,

The Meditation Retreat Team

Contact: info@meditationretreat.org | (123) 456-7890