



ALIGNED One Day Retreat

Yoga + Coaching + Body Work

BECOME ALIGNED WITH YOUR (whole) LIFE

STRENGTHEN

Strengthen + Align your body structure

CONNECT

Connect + Align with your Goals

RELEASE

Reveal + Release tensions

In an exquisite, private nature sanctuary minutes from Chicot State Park, you will enjoy...

- an Hour and Fifteen minute strengthening and rejuvenating Yoga Flow class (all levels)
- One-on-One Intuitive Coaching
- Individual Body Work
- Restorative Yoga + Meditation to complete the day
- + Wellness stations to further explore, discover, and deepen your vision and goals.



When: Saturday, October 22nd **Where:** My Blue Heaven, Ville Platte, LA **Time:** 9am-5pm

Cost: \$95 per person. Space is offered for 10 participants. Lunch is provided + water is provided.

Register: Please call (310) 498-3410 or email: cabulliard@hotmail.com for more information and to reserve your space. A \$50 deposit is required to reserve your space.



Camille Bulliard, MFA, CPCC, is your Yoga + Coaching facilitator. Camille is a 200+ hour trained Yoga Teacher from Yoga Works in Los Angeles and Kripalu Center for Yoga and Health, as well as a Certified Professional Co-Active Coach with The Coaches Training Institute (CTI) in San Rafael, CA. She has taught yoga both privately, in studios and universities. Camille often integrates yoga practices into her Intuitive Coaching work with individuals and groups. Camille also serves as an Associate Professor of Theatre at UL Lafayette. She is also a mother and life partner. To learn more about Camille, please visit: www.camillebulliard.com



Kate Lemoine is your Bodywork Facilitator. Kate has been a bodywork practitioner since 2005. She will be providing 20-25 minute customized sessions throughout the retreat. She is trained in Swedish, Deep Tissue, Sports, and Lymphatic Drainage Massage.