

# Exclusive Retreat to *Ignite Healthy Summer Vibes!*



**Saturday, June 18th**  
**9:00-16:00**

# A DAY BY THE LAKE



***Imagine a day away from the city, to unwind by the lake and reconnect with nature, while refueling your mind, body, and spirit!***

***Enjoy our workshops in the country air and return home refreshed and energized!***

9AM - Light breakfast by the lake

9:30 - Storytelling under the sun

11:00 - Yoga on the deck

11:45 - Making and enjoying delicious Vietnamese Spring rolls

1:00 - Recreation Time - Kayaking, Swimming, Pedal boat, Hiking

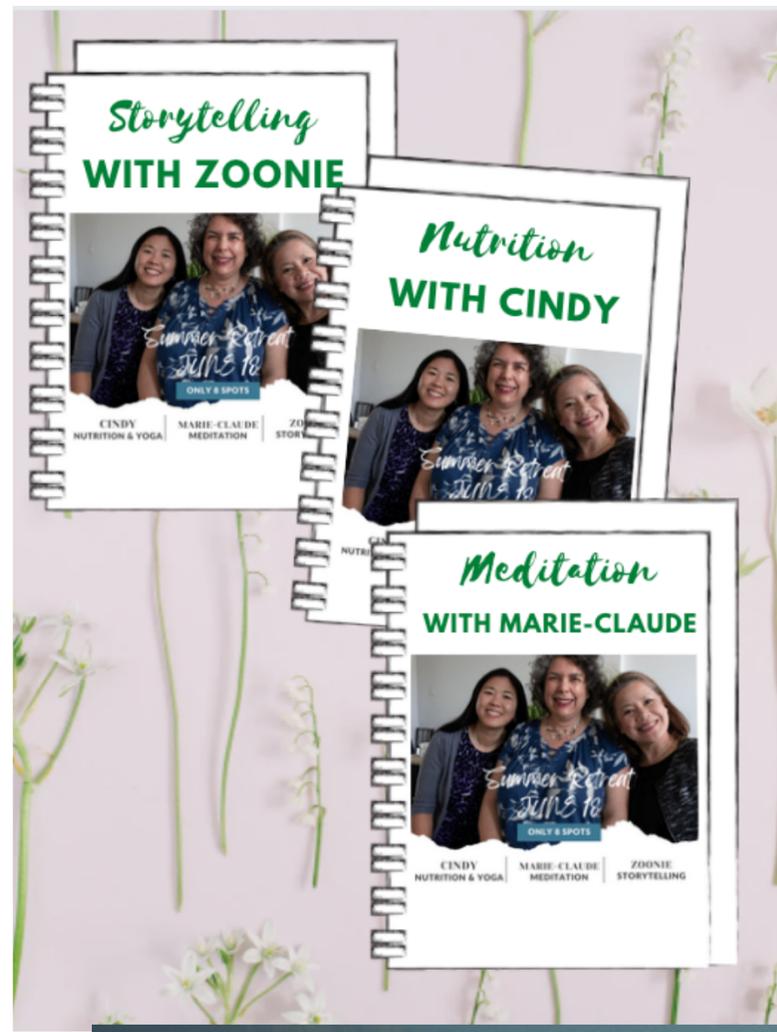
2:00 - Nutrition workshop with energizing refreshments

3:00 - Energy workshop and reconnecting with Mother Nature

4:00 - Prizes and Takeaways

***Fun souvenir photos can be taken by our photographer!***

***Participants are free to stay until 7 pm and enjoy the beautiful surroundings.***



3 steps:

1. Prepare the Table salad, shrimps and rice vermicelli noodles
2. Prepare Zoonie's Hoisin Peanut Dipping Sauce (Nuoc tuong)
3. Have fun making the rolls and enjoy!



Ingredients:

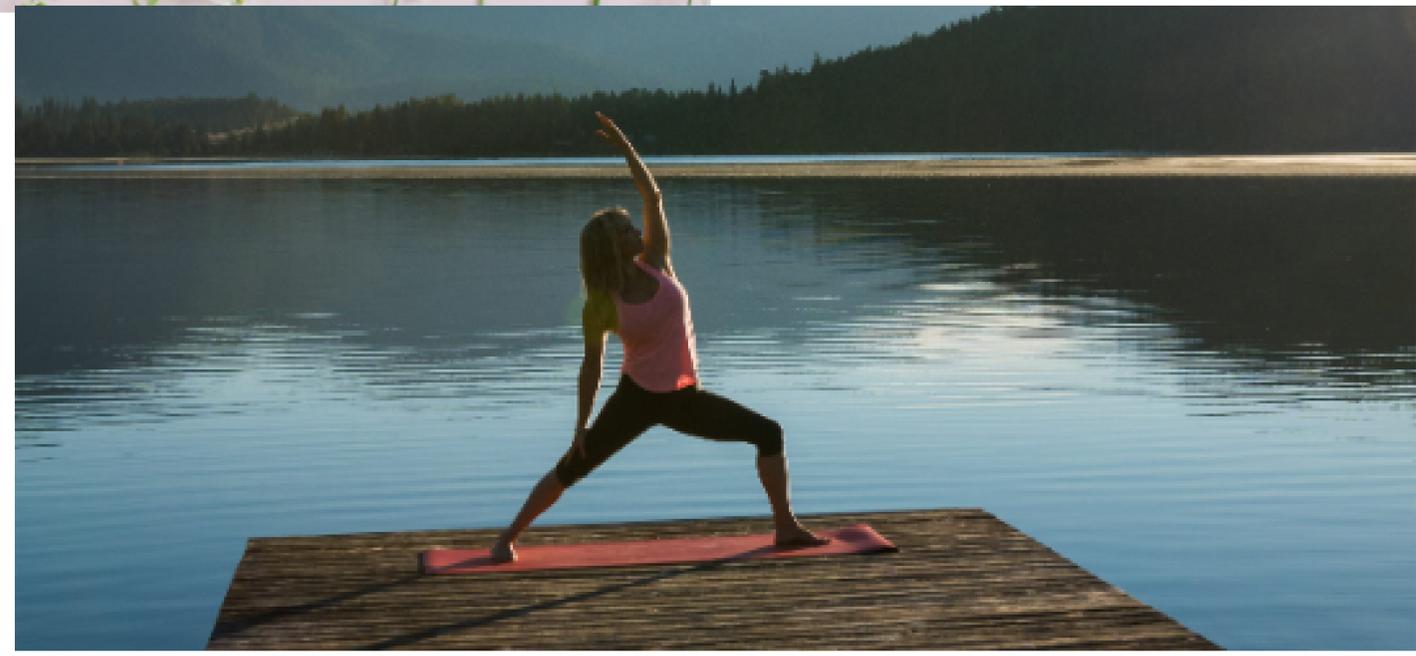
To make about 12 shrimp spring rolls:

- 1/2 pound medium shrimp, peeled and deveined
- 1 tablespoon vegetable oil
- 1 (8-10 oz) package dried rice vermicelli noodles or "rice sticks", cooked to
- 1 small head of lettuce
- 1 medium cucumber, cut into thin strips.
- 1 medium carrot



Cooking lesson

Your story on usb key and journals to keep



Nutrition, Yoga & Meditation

# JOIN US ON JUNE 18TH

## You'll bring home:

- Souvenir photos & video footage of your storytelling in a USB Key
- Retreat Booklet with Notes, Recipes, Ideas
- A sense of calm through reconnecting with nature and your higher self
- Clarity in defining your story
- Confidence in finding your voice
- Recharged under the sun through yoga, meditation and deep breathing

**Investment: 297\$ per person**

**Special price for 2 (bring a friend!)**

**➔ 222\$ per person**

**Limited spots available!**

Located in beautiful

**St-Adolphe d'Howard, QC.**

**[Click Here to Register!](#)**

# ABOUT ZONIE



Meet Zoonie, a passionate communicator, dynamic and inspiring speaker and trainer who loves to motivate and help women find and express their true voice and live an authentic life.

Passionate and caring deeply about helping others find their voice, Zoonie has been listening to people's stories for years where she has an exceptional ability for putting people at ease so they feel relaxed and comfortable in front of the camera so they can craft an authentic story and connect with their audience.

***“Each woman has this magnificent power inside of her to help her achieve anything she desires in life but first and foremost, she must, absolutely must, choose and love herself unconditionally. Once she makes this choice, everything else will follow,” - ZONIE NGUYEN***

## TESTIMONIALS

I am so grateful to have you in my life, to have such a welcoming, caring, inclusive, human, inspiring, strong, sensitive, colorful and bubbly person to accompany me in my adventure! Love love love to you Zoonie - TO-LINH N.

Dear Zoonie, you are an amazing story teller and an incredibly kind and generous individual. I am privileged and grateful to know you! - LYNN S.

Zoonie provided an inspirational and captivating lecture for my first semester college students. She shared stories of her life and inspired my students to reflect on their own stories as well as the direction that they want their lives to take. Students were very connected with her passion and inspiring approach.- JOHANNA O.

# ABOUT CINDY



Cindy Wong is a Registered Holistic Nutritionist and Certified Yoga Instructor, passionate about helping women nourish their mind, body, and spirit in a holistic way.

Specialized in

- identifying dietary deficiencies through symptomatology,
- optimizing immune function,
- gut health,
- hormone balancing,
- reducing inflammation

By recognizing your body's language through symptoms, you can take action to optimize nutrition and lower toxicity, to support the body and prevent more severe "dis-eases".

Just like a Financial Advisor will help you plan for your retirement income, Cindy will help you develop a Health Plan so that you can enjoy the retirement of your dreams with optimal health!

## TESTIMONIALS

"Cindy was very methodical and very professional. Her tips and recommendations have helped me tremendously and I have less bloating and no more sensation of fullness. I have finally found the taste of eating and the feeling of having more energy. I can't thank you enough for your help Cindy." - Ali

"After thoroughly reviewing my meals, Cindy helped me find healthier alternatives to improve my diet and feel more fit overall." - Robin



# ABOUT MARIE-CLAUDE



Marie-Claude has been using reiki since 2012 on a regular basis with friends, family and clients. Reiki heightened her intuition, and she was guided to learn:

- crystalline consciousness
- spiritual hypnosis
- connecting with different ascended masters, guides and angels etc.

This might seem too woo-woo, but without becoming a reiki master yourself, learning to be calm, loving, grateful and compassionate towards what is occurring around you, will help you navigate life with ease and grace. With love, comes empowerment, removing limiting beliefs, setting healthy boundaries, honoring your SELF and trusting your intuitive guidance. And probably more, but that is up to you to uncover your unique spiritual potential.

## TESTIMONIALS

"Last night, the strength of your belief, and wisdom of your words, brought me back to where hope, and belief resides. Until I met you, I had rarely met (if ever) anyone so true to themselves, so in tune with their higher self and I need to thank you." - Laura

"My sessions with Marie-Claude are never short of incredible. She has an amazing ability to ground my energies with her deep-rooted wisdom and I float on a cloud for days after my treatment. She is my go-to practitioner for whenever I am in transition or need clarity." - Eve



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