

COME HOME TO YOUR CORE

WOMEN'S WELLNESS RETREAT

April 11th - 13th, 2025



Dawn Marie Ryan
Life Coach

Relish in spending 3 days discovering certainty in your authentic self to truly understand what CORE means physically, mentally, soulfully, and practically.



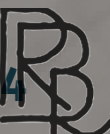
A J Avis Krause
Movement Coach

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RUSTIC BARN RETREATS

7794 Gebhard Road

Round Top, TX 78954



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Life Coach

Too often, we hear the physical cues to utilize our core without truly being taught how to engage the core muscles correctly. At the same time, we women are continuously bombarded with societal expectations to present ourselves, according to standards that do not always align with our core being. With Dawn and AJ's guidance, you will develop the know how to recruit and utilize your physical core, while growing in confidence that your mental, soulful and practical cores are connected to your true self.



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Event Details

What to Expect!

- Daily Group Movement Sessions - A combination of Yoga, Barre, and Pilates
- Daily Group Coaching Sessions - The Integration of Mindset, Envisioning, and Goal Setting
- Meals, snacks, Healthy Beverages
- Check-In 4/11/25, 2 - 4 PM
- Check-Out 4/13/25, 4 PM

Prices:

- All attendees will participate in all group sessions and meals. \$995
- Optional Services
 - One on One Coaching session \$100
 - One on One Movement Session \$100
- Optional Rooms (Base Rates)*
 - RBR 1-Queen, 1st Flr, Ensuite \$300
 - RBR 2-Queen, 1st Flr, Ensuite \$300
 - J&J 1-Full, 2nd Flr, Shared bath \$250
 - J&J 2-Full, 2nd Flr, Shared bath \$250
 - Primary- 1 King, 2nd Flr, Ensuite \$400

*Base Rates are for 2 nights with up to 2 people per room and includes taxes and service fees. Room share to reduce cost & be more social. Guests may double, triple, or quadruple up by selecting one of our queen beds aligned with each suite. A Service/Tax Fee of \$100 per extra person will be added to each shared room.

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DAWN MARIE RYAN



Dawn Marie Ryan

Holistic Life Coach
Dance Thru Divorce, LLC

Dawn has been in the Wellness Industry for over 25 years. Her knowledge as a Mind/Body Movement Instructor and a Holistic Life Coach, guides clients through transformative journeys. Integration of movement and dance, with the mindset work of life coaching, allows her clients heal and move forward in their lives at an accelerated pace. Connecting clients to the CORE Essence of who they truly are, is at the heart of her work. She combines compassionate guidance with practical strategies, drawing from psychology, neuroscience, physiology, and spiritual practices to create a uniquely powerful experience in her sessions.

[WORK WITH DAWN!](#)

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AMANDA JANE AVIS KRAUSE



Amanda Jane Avis Krause
Movement Coach

for more information about AJ,
please click the link

[WORK WITH AJ!](#)

Amanda Jane (AJ) has been teaching and studying movement and anatomy for three decades. Her love of sharing knowledge and guiding clients on a journey of discovery and progress fuels her determination that ALL bodies are capable and worthy. Owning her brick-and-mortar studio in LA, as well as teaching online clients near and far, brings much excitement and experience to share with retreat goers. She is thrilled to guide students in the modalities of pilates and yoga to truly understand, experience and master using our CORE for strength, mobility, and longevity.

LET'S MOVE!

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