



Filled with Less **Retreats**



Peaceful Mind

Acquire new tools for accessing calm and an eternal perspective.



Healthy Body

Discover a Christ-centered approach to attaining vibrant health.



Productive Life

Connect with your purpose. Achieve your goals. Harness your time.

What we are all about:

Peace and calm, regardless of our circumstances, are attainable when we become intentional about developing a peaceful mindset, healthy body and a productive life that promotes order, simplicity, and wellness.

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