



RETREAT HERE!

REASON 1

Long-term benefits for Mind & Body

REASON 2

Unwind and be at one with Nature

REASON 3

Access to friendship, education & professional retreat guidance

“Going on a retreat is to cocoon, so that we may emerge ready to return to our lives with a **NEW PERSPECTIVE**”



4 ON-SITE VENUE SPACES

LAKEVIEW NOOK (30 PERSONS)

LAKESIDE DINING HALL & PATIO (150 PERSONS)

LONESTAR BARN & SIGNATURE TREE/FIRE PIT (100 PERSONS)

*NEW VENUE SPACE COMING SOON (300 PERSONS)

- LAKE RAY ROBERTS STATE PARK PASS INCLUDED

WHY TAKE A RETREAT?

One of the biggest advantages of going on a retreat is that it offers you proximity to nature and it's healing touch, which can't be matched by a simple vacation. Being close to nature has shown to reduce the production of cortisol—our primary stress hormone. Moreover, clean air, calm surroundings, and plants allow you to unwind and be thoroughly rejuvenated so that you can have a fresh start to your life upon return.

LODGE STYLE ACCOMODATION

15 KINGS / 14 DOUBLES / 1 COMPLEMENTARY SUITE = 30 ROOMS

COFFEE MAKER AND FRIDGE IN EACH ROOM

OPTIONAL ADD-ON ONSITE ACTIVITIES

HIKING - YOGA - KAYAKS - BOATS - JET SKIS

OFFSITE ACTIVITIES

HORSE RIDING, SHARKAROSA WILDLIFE, VODKA WESTON SONS DISTILLERY, GOLF COURSE

CONTACT KYLIE@LSMTX.NET FOR IDEAS, QUOTES & INFORMATION ON YOUR NEXT RETREAT

