

WHAT IS ABUNDANT LIVING RETREATS?

Abundant Living Retreats is a place to escape and renew your spirit. At Abundant Living you have the opportunity to learn and grow while melding fun, learning, relaxation and adventure, giving you the best of all worlds!

CONNECT WITH *life, meaning*
AND *purpose* THROUGH
ABUNDANT LIVING RETREATS

WHAT TO EXPECT?

Through our 5 points of well-being, our goal is to give you the tools to reach life balance and self empowerment through adventure and discovery that speaks to your Soul. Our retreats combine body, mind, spirit, play, and heart filled activities.

WHO IS OUR STAFF?

Abundant Living gathers a talented team of professional instructors, guides, coaches, massage therapists, and fitness experts to meet all of your needs. Owner and Operator Kathleen Jenkinson, is dedicated to empowering the lives of others in a fun and healing manner. Kathleen is a certified personal trainer, skilled fitness professional and nutritional consultant. Her drive to make a difference in the lives of others led her to the title of Mrs Montana America in 2001 and a national title in 2003. Kathleen's inspiring writings, programs and fitness DVD's touch souls and create change, she has affected the lives of women all over the world. Kathleen strives for passion, laughter and beauty in every day.

testimonial

"Working with Kat awakened the person I always wanted to be but never thought I could be. I learned to laugh and love more, and better. My physical, emotional and spiritual self, blossomed. Abundant Living helped me discover the joyous person I had hidden for so long."

— Lauren 25



ABUNDANT LIVING
Retreats

.... ADVENTURES THAT
SPEAK TO YOUR *soul*

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ABUNDANT LIVING
Retreats

.... ADVENTURES THAT
SPEAK TO YOUR *soul*

EXPERIENCE YOUR *life*





Abundant Living Retreats believes in creating an experience that allows you to embrace life...opening new doors of possibility.



body

Abundant Living Retreats provides opportunities to discover your strength and tap into your sense of power, through physical activity.

You might find yourself...

Dancing, running, biking, riding horses, golfing, taking a dip with your new friends and much more.

Get in touch with your body, unlocking aspects of yourself through fun activities, nutrition and training tips. Healthy cooking 101 makes healthy eating fun and easy.



mind

At Abundant Living we understand that learning and growing in our lives is essential. We believe in opening your mind to new experiences and looking at old experiences in a new way. What you think about...comes about, so think yourself to your wildest dreams!!!

You might find yourself...

Reading a book, going to the theatre, listening to music, developing a life strategy, creating a piece of art, or learning a new skill.

Take the experience of Abundant Living home with you, as you continue to reap the rewards of your journey.

play

When you were a child your only job was to play, at Abundant Living that is your job again... Its time for you to experience the joy of following your heart and playing at will.

Breathe in life; express your silliness through carefree activities that lets your spirit fly. Laugh to your heart's content, jump in a mud puddle, sing out loud, and go down a slide... It's your choice to feel alive and free!

IT'S AN *adventure* THAT SPEAKS TO YOUR *soul!*



heart

Unlock the dreams in your heart and the joy in your life with Abundant Living.

Tap into your intuition, listen to an inspirational talk, recognize the power of your beliefs, open up your imagination, recognize your ability, be brave, and express yourself more clearly.

spirit

Our retreats provide the space for you to pause in life and connect with your authentic self.

At Abundant Living there are opportunities to engage your spirit through reflection, building new friendships, voicing your desires and creating a plan for them to come true.

"What a blast! I made wonderful new friends, and gave myself permission to feel sassy and daring. I loved the whole program, I feel like a new person!"

— Renae 41

"Play is the beginning of knowledge."

— Anonymous

