

FOR IMMEDIATE RELEASE
March 25th, 2019

MEDIA CONTACT
Daniel Turissini, danieljt@recharj.com (571.488.7461)

recharj® Announces Its Exclusive Meditation Retreat For Women
Relax, reset, and rejuvenate in nature during this 3-day waterfront lake house retreat

Washington, DC – recharj®, a restorative practices outfit bringing modern meditation and power naps to harried city-dwellers, has developed an immersive relaxation retreat experience for women from April 26-28, 2019, at Lake Anna, VA. With Spring comes new beginnings and this retreat aims to nurture a fresh start and a healthier way of being. During this 3-day weekend retreat, attendees will explore meditation modalities in nature and food for inner nourishment to incorporate into our daily lives to bring home a more refreshed and healthier individual.

“We’re excited to help develop calm and balanced minds by bringing an approachable and enriching wellness experience unlike anything else,” Managing Partner, Maria-Jose Hernandez comments. “The grounds and gorgeous surrounding natural scenery is the perfect setting to relax and reset.” Featured retreat programming to include:

- Return to the Source: Nature Walk and Mindful Hike
- Honor your Mind & Body: Beauty Mask and Meditation
- Nutrition Coaching & Cooking Workshop for Optimal Nourishment

The all-inclusive retreat includes lodging, meditation programming/activities, and all prepared meals and snacks as well as a gift bag, starting at only \$395. This meditation retreat will be guided by recharj® meditation teacher and certified nutritionist, Emily Szajda. “I’m looking forward to sharing this incredibly healing experience with an amazing group of women and preparing the healthy flavors from recipes I’ve developed specifically for this retreat.” The delicious sample menu includes:

- Italian Roast Vegetable Frittata
- Roasted Medley of Thyme and Rosemary Baked Baby and Sweet Potatoes
- Greek Yogurt and Berry Compote Parfaits with Homemade Granola
- Fresh Baked Bread, Zucchini Muffins
- Selection of Teas, Coffee and Orange Juice

Those registered with Yoga Alliance will receive five (5) CEUs. Space is very limited. Additional information, including full retreat schedule and menu as well as photos of the accommodations, can be found at recharj.com.

recharj® – Washington, DC
[1445 New York Ave NW, Suite 130](http://1445NewYorkAveNW.Suite130)
[Washington, DC 20005](http://Washington,DC20005)
202.347.4595

About recharj®

Operating since 2016, recharj® is a leader in the Health & Wellness space, promoting meditation, resiliency, and sleep health to business professionals. recharj® offers meditation and power naps as tools to inspire productive, healthy, and happy employees. recharj® launched its inaugural studio in our nation’s capital in December 2016. The premier DC studio offers a variety of meditation modalities in class format for all levels as well as 25-minute power nap sessions. In addition to classes, recharj® offers private one-on-one instruction, self-guided digital content, as well as workshops and transformative Corporate Wellness Programs to provide clients with intensive practice opportunities. More information about recharj® can be found on our website at recharj.com.

###

FOLLOW US:
Facebook.com/recharjdc
Twitter and Instagram: @recharjdc