

UTAH RETREAT Fall 2023

Back by Popular Demand!

Join Kimberly Manthey

Thurs. October 19 - Sun. October 22, 2023

**Red Mountain Resort in beautiful
St. George, Utah**

St. George is considered to be Utah's scenic paradise. Located close to Zion National Park, Bryce Canyon and the Mojave Desert, making it an incredible destination for relaxation and adventure.

Contact Kimberly at dirtyfeetyogastudio@gmail.com to reserve your spot! It will sell out! Register Early!

Enjoy hiking, biking, kayaking, spa treatments, yoga ,adventure and relaxation.

Kimberly Manthey, owner of Dirty Feet Yoga, IAWP Wellness Coach, ERYT, and YACEP will share her passion for yoga, offering 2 optional classes daily. In addition to yoga being offered, feel free to take advantage of the many hikes and relaxation opportunities that await you.