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Explore, Rejuvenate and Reconnect at a Women’s Weekend Nature Retreat

GENEVA, IL — Escape the hustle and bustle of daily life and immerse yourself in a restorative weekend designed for women who share a deep appreciation for the natural world.

“Women’s Weekend: A Nurturing Nature Retreat” is an invigorating two-day journey filled with outdoor activities, therapeutic pursuits and the opportunity to connect with like-minded souls. Nestled within Freeman Kame-Meagher Forest Preserve, participants can attend from Saturday, Sept. 2, at 10 a.m. through Sunday, Sept. 3, at 10 a.m.

Discover the highlights of “Women’s Weekend”:

- Engage in outdoor activities, including nature walking, hiking, botanizing and yoga.
- Explore your artistic side with an art project.
- Delight your taste buds with a hands-on cast iron cooking class.
- Gather for conversations around a communal campfire for stargazing and s’mores.
- Partake in shared meals and snacks throughout the weekend.
- Enjoy the comforts of indoor bathrooms, showers and a fully-equipped kitchen.

All participants should provide their own yoga mat and reusable water bottle. Overnight participants should provide their own tent and sleeping gear. For those who prefer not to spend the night, an option to depart for the evening and return the next morning is available.

Registration for this retreat is open until Aug. 24 and full payment is required at the time of registration. Participants must be 18 years or above to join. The fee is \$149/person. To secure your spot, call 630-444-3190 or email programs@kaneforest.com.

Freeman-Kame Meagher Forest Preserve (Camp Tomo Chi-Chi Knolls entrance) is located at 40W095 Freeman Rd., Gilberts.