



acadia running retreat overview

What's included?

4 days and 3 nights

accommodations, meals, guided runs,
workshops, and more!

Upcoming Retreats:

August 10th - 13th (*Women's Running Retreat*)

September 12th - 15th (*Standard Running Retreat*)

October 10th - 13th (*Women's Running Retreat*)

Find out more at

movefreedesigns.com/acadiarunningretreat