

SOUND HEALING

WITH RESTORATIVE YOGA AND YOGA NIDRA
GRATITUDE AND APPRECIATION RETREAT

Friday, November 27, from 2:00 PM to 4:00 PM

Celebrate and honor the heartwarming season of Thanksgiving by connecting with the energies of gratitude, love and appreciation.

Benefits

- Relaxation
- Mindfulness
- Inner Balance
- Quiet Reflection

COST: $59 EARLY BIRD UNTIL NOVEMBER 16TH, $69 THEREAFTER

Offered by Ann and Grisel