

Wellness Mini -Retreat New Year ~ New You

Saturday, January 24th ~ 10:00 am – 1:00 pm
Nonresidents \$65. ~ Residents (60% off) \$26.

To help you succeed with your Wellness Resolutions you will be gently guided through these powerful practices:

- Breathing Techniques
- Nutritional Guidance
- Journal Prompts
- Restorative Yoga
- Guided Meditation

Register today to promote your Self-Care boost your immune system and renew balance and harmony back into your nervous system.



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