

MEDITATION AND YOGA RETREAT

OCTOBER 5-8TH | AT HEARTWOOD RETREAT HOUSE IN THE GORGEOUS GEORGIA MOUNTAINS



SURROUNDED BY NATURE'S BEAUTY, LOVELY ACCOMMODATIONS AND AMAZING CUISINE, LEARN THE PEACEFUL PRACTICE OF MEDITATION IN AN ACCESSIBLE, APPROACHABLE SETTING AMONG INDIVIDUALS WHO ARE ALSO SEEKING THIS LIFE-CHANGING SKILL WITH BENEFITS THAT WILL LAST A LIFETIME.

WITH DAILY IYENGAR YOGA, AND SIMPLE MEDITATION INSTRUCTION, NOT ONLY WILL YOU LEARN NUMEROUS MEDITATION TRADITIONS & METHODS TO MATCH YOUR PERSONAL COMFORT ZONE BUT ALSO HOW TO MAKE THIS HEALTHFUL PRACTICE JUST A PART OF YOUR EVERY DAY LIVING SIMPLY, QUICKLY AND FOR GOOD.

YOU DESERVE THIS... BELIEVE ME... IT'S TIME. ♥



MEDITATION WITH CHERI
CHERI AUGUSTINE FLAKE, LCSW



YOGA WITH CINDY
CINDY DOLLAR

PRICE INCLUDES LODGING, ALL MEALS AND ALL MEDITATION & YOGA CLASSES.

FOR MORE DETAILS ABOUT THIS RETREAT, PLEASE VISIT:

thestresstherapist.com/retreats

