

MEDITATION AND YOGA RETREAT

MAY
16-19TH

**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 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 CHRISTINA
CHRISTINA LAW, E-RYT500

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

FOR MORE DETAILS ABOUT THIS RETREAT, PLEASE VISIT:

thestresstherapist.com/retreats

