

The Art of Stillness: A Restorative Yoga Mini Retreat



Give yourself permission to slow down, restore, and create. In our fast-paced world, it's rare to truly pause, breathe deeply, and listen inward. This 3-hour retreat is designed to help you release stress, reconnect with yourself, and awaken your inner creativity.

We'll begin with a morning yoga flow combined with calming restorative yoga supported by props, paired with the healing vibrations of sound bowl meditation to quiet the mind and soothe the nervous system. From this place of ease and renewal, you'll move into a mindful art practice on canvas—a gentle invitation to explore creativity, self-expression, and presence through color and design.

We'll close our time together with tea and light snacks, allowing space for reflection, conversation, and community connection.

No yoga or art experience is required—just an open heart. You'll leave feeling grounded, refreshed, inspired, and more deeply connected to yourself.

In this 3-hour retreat, you'll experience:

- 🌙 **Restorative Yoga + Sound Bowls** – release stress and calm the nervous system
- 🎨 **Mindful Art on Canvas** – spark creativity and self-expression
- 🍵 **Tea + Light Snacks** – time for reflection and community connection

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