

November Mini Retreat



Ground in Gratitude • Flow with Ease • Rest in Stillness

Book this special November session to ground in gratitude, flow with ease, and rest in the healing vibrations of sound bowls. Give yourself the gift of stillness and renewal before the holiday season begins. Join us for two hours of gentle yoga, nourishing movement, meditation, and deep relaxation in a peaceful setting.

Details

- **Date & Time:** November 22, 2025 10:00 AM - 12:00 PM
- **Location:** Park Tudor Irsay Wellness Center, Multipurpose Room
- **Length:** 2 hours of nourishing movement, mindfulness, and connection
- **What to Bring:** Comfortable clothing, yoga mat, water bottle, journal (optional)
- **Provided:** All yoga props, essential oils, tea, and light snacks

Come as you are, and leave feeling grounded, refreshed, and renewed.