

Fall Mini Retreat: Reset & Renew



Highlights

- Soulful connection with like-minded community
- Gentle, nourishing yoga movement
- Stillness and deep relaxation with crystal sound bowls
- Awakening the senses with meditation and essential oils
- Creative expression and self-care practices in a peaceful setting

Details

- **Date & Time:** October 25, 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.

