

Join us for a
Peace
in >> Oneself
<< the World
Mini-Retreat

How do
we empower
ourselves to serve
the world in a way
that feeds
our souls?

Yoga

Meditation

Journaling

Discussion

Sunday Jan. 24, 2-5 pm

Shanti Way Studio

Neighborhood Yoga

\$20 Suggested Donation*

Facilitated by

Sandra Diaz, INHC, RYT

Chris Howell, MA., LPC, E-RYT

RSVP preferred by emailing
sandra@mindfulhealthcoaching.org

*All Donations will Go to White Helmets, a civilian group assisting Syrians in Syria
& Standing Up For Racial Justice, a group organizing white people for racial justice