

Peace Full
LIVING

**The Art of Peaceful
Living
Mini Retreat
at Santosha
Sunday, Nov 5, 2024
3:00-7:00 p.m.**



Join us for The Art of Peaceful Living Mini Retreat, a prelude to a holiday season filled with gratitude, inner peace, and joyful presence.



Embrace the Serenity of the Season

As autumn leaves fall and winter whispers its arrival, it's time to step into the tranquility of The Art of Peaceful Living Mini Retreat. In preparation for the rush of the holiday season, give yourself the gift of a few precious hours to focus on gratitude, self-care, and the tools to navigate the bustling months ahead.

Why This Mini Retreat?

- We've designed this retreat with your busy schedule in mind, giving you the space you need to unwind and recharge.
- Roberta will lead you through Yin Yoga, Gentle Yoga, Guided Meditation (Yoga Nidra), and journaling, providing clear guidance each step of the way.
- Immerse yourself in practices that nurture your mental and emotional well-being, leaving you refreshed, rejuvenated, and restored.



Retreat Location: Santosha Studios
12311 Pine Bluffs Way #109 in Parker, CO

For booking and inquiries:
roberta@peacefulliving or 720-219-4370

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