

A MINDFULNESS YOGA RETREAT

WITH KATARINA WITTKAMP
AND SARAH BROSE

HARMONY DAWN
ECO RETREAT CENTER



11AM,
MAY 19-
2PM,
MAY 22

EARLY BIRD
RATE \$730*

REGULAR
RATE \$810

PAYMENT
PLAN OPTIONS

what's included:

- 🍃 4 days and 3 nights of self-care, reflection and renewal
- 🍃 10 organic, seasonally-inspired meals, prepared with love
- 🍃 8 therapeutic yoga practices in hatha & restorative styles
- 🍃 daily guided meditation
- 🍃 group mindfulness practices, campfire & hiking



to register: email amindfulnessyogaretreat@gmail.com

*first 7 spots to register