

MINDFUL EATING-MINDFUL YOGA
RENEW AND RESOLVE
MINI RETREAT
SATURDAY 1-22-11
12:30-4:30PM
SATURDAY 1-22-10

*Reconnect with your body– move with wisdom and intention into
the new decade*

Intentions and Resolutions abound this time of year !

**Join us for a 4 hour mini retreat– We will work with the practice of
Sankalpa- resolving to affirm the gifts we already possess- our
heartfelt desires -rather than asking to change who we are**

**This workshop welcomes those who are new to a mindful approach to
eating and body awareness and those who are already familiar with
this path.**



**Guided mindful eating instruction
Guided Mind-Body Hunger Inquiry
Gentle and Restorative Yoga
Mindful Meal and Guided practice**

**\$70 investment incl. food and materials
Space limited ! Preregistration required at**

www.pearlstreetyoga.com

More info: www.integrativelife.net

Or Erica@Integrativelife.net

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INTEGRATIVE LIFE



SERVICES