



UNPLUG AND  
UNWIND,  
Renew Inner Peace  
Live Stream  
Mini-Retreats

With

Mary J. Scott, C-IAYT, ERYT 500

June 28<sup>th</sup> 11:15- 1:30

June 30<sup>th</sup> 11:15- 1:30

July 22<sup>nd</sup> and August 19<sup>th</sup> ~ Times TBA

Hope is the belief  
that one hand reaching to another  
can eventually touch the moon,  
allowing the light to guide us  
through the night. ~ Nicholas Mazza

We invite you to dedicate some time for yourself by joining us for these special opportunities for healing and rediscovering that place of peace within yourself. The focus of our time together will be a mindful and healing yoga practice, deep relaxation/ or yoga nidra and a sharing circle with our friends.

Participation in each program will be limited to ten people and pre-registration is required, so please do not wait to register To register

contact Mary at [Maryjscott26@gmail.com](mailto:Maryjscott26@gmail.com). Participation is by donation and proceeds will go to Wiawaka.