



Wellness Through Balance Retreat Program

Saturday May 4, 2019

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- **9:00 am** Check in for day pass participants

- **9:30am** Yoga Workshop - all levels welcome

Offering a safe and welcoming environment to explore yoga's many benefits, class includes breathwork and meditation, warm ups, poses to increase strength, flexibility and balance, and relaxation techniques

- **11:00am** Sound Healing

Take time out to relieve stress, find inner peace and balance with a sound healing session. Sound Practitioner, Kelvin Young uses the crystal and Tibetan singing bowls, gong, tuning forks, rattles, hand drum and other healing tools to activate your relaxation response, calm your mind, relax your body and nourish your soul.

The meditative sounds assist in relieving chronic/toxic stress, muscle tension, addictive behaviors, PTSD, depression, anxiety, sleep disorders and other stress-related health conditions.

- **12:30pm** Delicious and Healthy Mediterranean Lunch

- **1:15pm** Creative Flower Arranging -what speaks to you as spring has come?

Leah from the famous Ranunculus Flower Shoppe will be working with the group on creating works of art from pots, plants and decorations. Come create your masterpiece - a beautiful gift that will bring spring into your home!

- **3:30pm** Wrap Up Your Beautiful gift for yourself!.